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Calgary metro

Your essential daily news | TUESDAY, MARCH 1, 2016

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TRADE DEADLINE

Calgary Flames hope for payoff with big deals

metroSPORTS

Kerri Workman and husband Malcolm Eyjolfson hold a photo of their son Bryce as they pose with 12-year-old Abdo Olotiki, second from left, the thankful recipient of Bryce's bicycle. RYAN TUMILTY/METRO

CYCLE OF LIFE

Local family donates late son's treasured bike to Syrian refugee child metroNEWS

Rideshare rules sensible: Mayor

CITY TRANSPORTATION

New bylaws could have licensed and insured drivers on roads by Stampede

Helen Pike
Metro | Calgary

Transportation Minister Brian Mason has announced the government's plans to curb issues with Uber with a move to regulate all rideshare companies.

Although Uber has left Calgary in it's rearview, Mayor Naheed Nenshi said he's pleased with the common sense rules the province is looking at. Regulations include local police check requirements, commercial insurance — with a product available by July 1 — and the requirement of a Class 4 licence.

"We want to ensure there is an appropriate insurance product so drivers and passengers are covered," said Mason. "What we have done is taken the time to do the due diligence to make sure there are no loopholes … if a passenger is injured, they are covered."

Nenshi said there were two things in Calgary's bylaw that required provincial action — insurance and driver's licence — and they've delivered.

"I was very, very pleased to see that the province is requiring a police check done by the police," said Nenshi. "It's common sense, it costs 30 bucks, takes about a week and I can't imagine how either of those are onerous on the drivers."

Although Uber deemed Calgary's new bylaw "unworkable" for their model, the city is keeping the door open. Nenshi said if they can come to the table with a better fee structure, he's all ears.

"If they wanted to pay us $400,000, which is what we think the cost of enforcement on them will be depending on the number of drivers they predict … If they want to pay us the money upfront and debit that against each driver, certainly that could be a model that would work," said Nenshi.

The mayor hopes the insurance piece can be done in time to have transportation network companies operating by Stampede.

WITH FILES FROM RYAN TUMILTY

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What you need to know about Super Tuesday. World

Nenshi says group trying to influence 2017 election

SOUTHWEST BRT

Ready to Engage denies poll politically motivated

Helen Pike
Metro | Calgary

Ready To Engage's polling has Mayor Naheed Nenshi making statements about their tactics.
METRO FILE

Ready to Engage is pushing back against Mayor Naheed Nenshi's allegations of push polling.

At Monday's strategic council session the mayor alluded Ready to Engage's antics aren't about the Southwest Bus Rapid Transit project at all, but a way to influence the 2017 municipal election.

He said their polling antics include leading questions with nothing to do with the SWBRT project at all.

This week the mayor alleged a grassroots public group had stirred up violence at a public engagement session, forcing the city to temporarily pull the plug on further community meetings for what's become a contentious project.

"You'll have to ask them what their motivation is," Nenshi told reporters Monday. "But I can tell you that (Maurice Tims, chairman of Ready to Engage) sent a note to everyone in Eagle Ridge last week talking about the 2017 election. I can tell you that they did a push poll this weekend which started with questions about my and Coun. Pincott's approval ratings which don't seem to have much to do, for me, with building bus routes on 14 Street."

Ready to Engage spokesman Rick Donkers told Metro this isn't some political group, and has been conducting independent polls to build a case to determine whether the communities are happy with the city's plans to build a BRT line through their area.

> **There is a poll and it is not a push poll.**
> Rick Donkers

"I think it's important if we're going to continue to ask people to donate money and put in lawn signs and sign our petition that we should have some indication of how happy we are, certainly we can't believe what the mayor says at face value," said Donkers.

"There is a poll and it is not a push poll."

Donkers said the groups asks right off the top how happy constituents are with what elected officials are doing.

"This project will be half built by the time the 2017 election is going on," said Donkers. "There have been social media accusations this is politically motivated. I can tell this is about a group of citizens who would like to see the city spend tax dollars wisely."

Kris Fruin, a resident from Kingsland confirmed he was contacted for Ready to Engage's poll call Saturday.

He said it was an automated voice asking four questions, none of which he saw as leading.

"I don't recall the name of the polling organization but I did actually call the number back that showed up on my phone and it went right to an answering machine that was Ready to Engage," said Fruin.

"There was nothing that, if you were listening to it, you would construe as being really leading questions or anything that would raise any alarm bells — just knowing what this group is out to and up to, they're probably fishing for some sort of information."

TRANSIT DEBATE

Former alderman weighs in

Brodie Thomas
Metro | Calgary

A former Calgary alderman says the city has moved beyond its authority in shutting down public engagement on the Southwest Bus Rapid Transit project.

John Schmal, former alderman for Ward 3, said in a letter to the mayor that engagement is a city council policy and that it would take the entire council to stop engagement on a project — not just the mayor or a single councillor.

Mayor Naheed Nenshi halted public consultation on the SW BRT project last Wednesday, citing verbal and physical assaults on city staff. The mayor placed the blame on Ready to Engage, a group that is opposed to the project.

In response to Schmal's letter, Nenshi said Schmal has it wrong.

"Council didn't actually approve or direct these open houses specifically, so why would they be needed in order to cancel them? It's an administration decision," said Nenshi "I suggested to administration that's what I thought was a good idea and they agreed with me."

Schmal said Ready to Engage has a right to know if its members are under investigation, or if charges are being contemplated by police.

WITH FILES FROM HELEN PIKE

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CALGARY GREENWAY BYELECTION

NDP candidate plays up oil dependency

Jeremy Simes
For Metro | Calgary

NDP candidate Roop Rai's comment that Alberta is "100 per cent reliant on oil and gas" just doesn't add up.

During an interview on Sunday, Rai — who's running in the Calgary Greenway byelection — said the province wholeheartedly relies on oil and gas.

"Right now we're 100 per cent reliant on oil and gas," she said. "One hundred per cent reliant on one commodity — that model just doesn't work."

Fact: In 2014, energy made up about a quarter of Alberta's GDP, according to Statistics Canada. And over the years, energy has had a decreasing share of the GDP-pie, though only slightly.

When questioned about her comment, Rai said she agrees energy contributes about a quarter to the province's GDP.

Still, falling oil prices have taken a toll on government coffers, meaning thousands of layoffs in Alberta. Energy is the largest portion of the province's GDP. The next big money-maker is finance and real estate, which together comprise 13.5 per cent of Alberta's GDP.

> **Now is the time for innovation,** now is the time to rebrand ourselves.
> Roop Rai

Rai, too, has been affected by the slump, she said. Her husband was recently laid off.

Though Rai said she wants to diversify the economy, she said oil is still important.

"Now is the time for innovation; now is the time to rebrand ourselves and push for pipeline projects that would be beneficial to us and our entire nation."

Truvada has been approved for use as a pre-exposure prophylaxis (PrEP). TORBAKHOPPER/FLICKR

HIV drug approved

HEALTH CARE

Health Canada gives nod to Truvada for preventive use

Alex Boyd
Metro | Edmonton

As HIV infections increase in Alberta, Health Canada has quietly approved a drug people can use to prevent infection that some say is a potential game changer for the province.

"It's about time. Canada has been late to the game," said Brook Biggin with HIV Edmonton, noting that Truvada was approved as a pre-exposure prophylaxis, or PrEP, in the United States four years ago.

Truvada is already used in Canada to treat people who have HIV, but studies suggest that when taken daily by people who are HIV-negative it can reduce infection risk by as much as 90 per cent.

According to Alberta Health, the province saw 284 new HIV infections in 2014, a 30 per cent increase over 2009. And according to HIV Edmonton research, about one third of new HIV infections are among men who have sex with men.

Recent surveys of queer men in both Edmonton and Calgary show about half would consider taking Truvada if available.

Andrea Carter, team lead of prevention and engagement at HIV Community Link in Calgary, calls the approval a "game changer," especially for men who have sex with men.

A few doctors already prescribe the drug for the previously unapproved use, but an official nod from Health Canada means it will be much more widely available.

But both Biggin and Carter said the hefty price tag remains a barrier.

Currently not covered for prevention by health care or most private insurance providers, a monthly supply can cost about $1,000 in Alberta.

90%

Amount by which Truvada can reduce risk of infection, taken daily by people who are HIV-negative, according to some studies.

"How much money you make shouldn't determine whether you're more vulnerable to HIV infection," Biggin said.

Cameron Traynor, a spokesperson for Alberta Health, said in an email that the Canadian Drug Expert Committee has to make a recommendation about covering the drug for prevention first — then Alberta will consider it.

"In the meantime, physicians in Alberta can now prescribe Truvada for prevention. Patients who are prescribing the drug can pay for the drug themselves or seek coverage through their private insurance plans."

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Resident contests fine for angle-parking on crescent

ENFORCEMENT

Officers insist vehicle must be parallel to street's curb

Brodie Thomas
Metro | Calgary

Keith Hopkins and his neighbours angle-park in the bend of their road to save space. BRODIE THOMAS/METRO

For Keith Hopkins, it's not about the fine.

The Mayland Heights resident lives on Matador Crescent NE, and ever since he purchased his home 13 years ago, he's been angle-parking in the bend at the north end of the crescent.

Or he did, up until Oct. 27 of last year. His wife was the only one parked there that morning when a Calgary Parking Authority (CPA) officer wrote her a $50 ticket for not parallel parking.

"People angle-park this way because you can accommodate more vehicles," said Hopkins. "With a burgeoning population and more vehicles, CPA ... they allow it to happen."

Hopkins said his next-door neighbour was concerned when he heard about the ticket, and requested another CPA officer come out that same day.

According to Hopkins, that officer said that angle-parking is not technically allowed, but the CPA won't issue tickets unless a complaint has been made.

The officer also didn't issue any tickets for the vehicles that were "illegally" parked there during his visit.

Since October, all of the other neighbours in his crescent continue to angle-park without getting tickets. Hopkins said his wife insists on parallel parking until the matter is settled — meaning she takes up two spots.

Hopkins took his matter to the CPA.

"They said if I plead not guilty they'd reduce the fine to $25," said Hopkins.

He has instead decided to fight it.

"Although an officer wouldn't typically be looking for an infraction like angled parking in a cul-de-sac, we respond to all requests for assistance and issue tags (infractions) if a vehicle is in contravention of the bylaw or posted signage," said a CPA official in a statement.

For Hopkins, it's a matter of principle. He doesn't feel it's fair to turn a blind eye for 13 years and then ticket one person.

"Parking has never been a problem on our crescent," he said.

CPA SAYS...

Signs or lines required for angle-parking

A CPA official said in a written statement that an area must have signs allowing for angle-parking or visible lines marking out the angle spots.

BRODIE THOMAS/METRO

ECONOMICS

Housing market still blah

Another month, another sour forecast for Calgary's housing market.

This time it was a report from RBC Economics looking at housing trends and affordability across the country.

The report looks at both Calgary and Edmonton.

"Edmonton has more jobs in the public sector, which tend to be more stable," said Robert Hogue, senior economist with RBC Research.

He said statistics suggest public-sector jobs have increased in the past year — and that helps offset the downturn, especially in the provincial capital.

Calgary's sales of existing homes dropped 29 per cent in 2015 over 2014's numbers. Edmonton's resale numbers dropped by 8.2 per cent.

The report suggests that Calgary's housing market remained relatively stable until the latter months of 2015. According to RBC's housing affordability index, it takes 40.1 per cent of median pre-tax household income to service a mortgage, taxes and utilities in the city.

That means Calgary is still the fourth most expensive city in Canada for housing after Vancouver, Toronto and Victoria.

However, Hogue said a steeper decline in home prices could be on the horizon.

"The longer oil prices stay low and the deeper the provincial economy's recession gets, this is not good news for the housing market. You may see deeper price declines going forward," he said. BRODIE THOMAS/METRO

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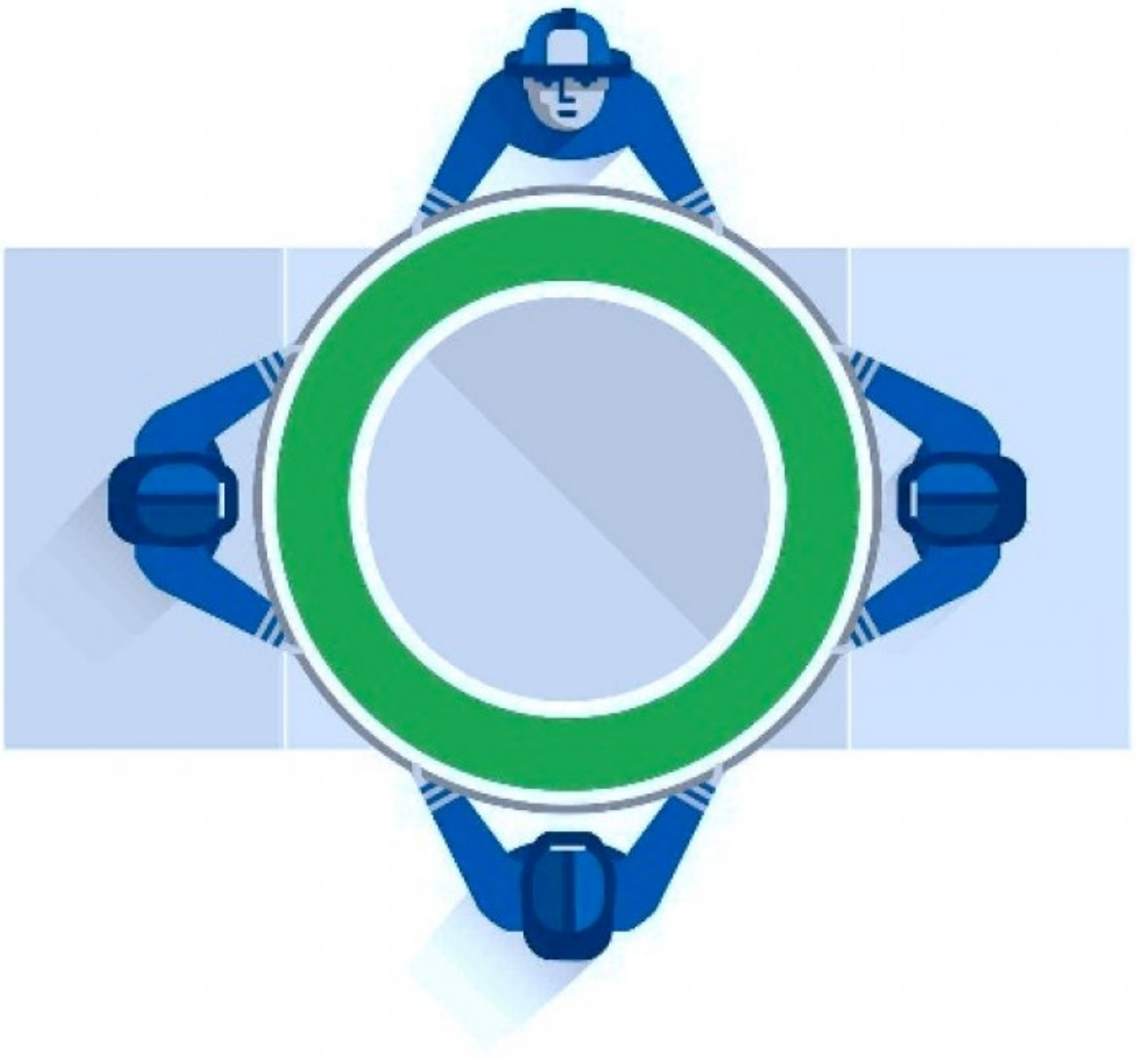
Follow Hyundai on Facebook, Twitter and Instagram to discover the answer, which was posted earlier this week.

*Canadian residents who have reached the age of majority in their province or territory can enter the contest at **www.hyundaisupersearch.com** between February 13, 2016 at 12:01am (ET) and April 4, 2016 at 11:59pm (PT). One entry per each Weekly Prize. One entry per Grand Prize. Four (4) Weekly Prizes of CDN$2,500.00 each, and one (1) Grand Prize of CDN$20,000.00. To be eligible for Grand Prize, contest participant must perform test drive of a new Hyundai vehicle at a Canadian Hyundai dealership and submit the correct answer to the final SuperSearch Clue. To be eligible for secondary Weekly Prizes, contest participant must submit the correct answer for each respective Weekly SuperSearch Clue. Each Weekly Prize is exclusive of each other; answer submission for all Weekly Prizes is not required to be eligible to win any one (1) Weekly Prize. Chances of winning depend on the total number of eligible entries received. Eligible winners must correctly answer skill-testing question. Prize draws will be held at 16 Mary Street, Unit 4, Aurora, Ontario at approximately 2:00 PM (ET) on April 7, 2016. No purchase required. Complete rules available at www.hyundaisupersearch.com. ™/®The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp.



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The race for Calgary Greenway

BYELECTION

Candidates talk about their plans and platforms

Jeremy Simes
For Metro | Calgary

Calgary Greenway candidates are looking at ways to lift a staggering economy, but they plan to go about it a differently.

Whichever candidate wins the byelection — set for March 22 — will replace former Progressive Conservative MLA Manmeet Bhullar, who was killed in a November 2015 car crash on the QE2 north of Calgary.

Many community associations in Calgary Greenway are looking for a candidate who can maintain Bhullar's highly active role in the community.

The riding has been a Tory stronghold in the past but, with the arising issue of potential vote-splitting, the Wildrose and PCs are cooing conservative voters to unite behind their respective parties. It'll also be a test for the governing NDP and its popularity in the region. Metro spoke with PC, NDP, Wildrose, Liberal candidates about their platforms.

Devinder Toor — Wildrose

Wildrose candidate Devinder Toor says today's economic woes and can be solved by creating a business-friendly environment.

The Wildrose doesn't seem to have a detailed plan in terms of what that business environment looks like, though Toor said he'd get input from businesses before creating a policy.

He said he blames the lagging economy on NDP policy decisions, like a tax on emissions, and hiking corporate taxes, creating tax brackets and upping and the minimum wage.

Toor said small business owners have told him a $15 minimum wage will hurt their businesses. He noted much of downturn is due to falling oil prices, which mainly originate from decisions occurring in the Middle East.

"Maybe Alberta government isn't responsible for oil going down," he said. "But everything they did made things worse than better."

Roop Rai — Alberta NDP

Roop Rai thinks a minimum wage of $15 would strengthen the economy.

Rai admitted small business owners are concerned with the hike, but said those who benefit from a wage hike will be able to afford to properly care for their families. Families will also have more spending power to stimulate the economy, she said.

She said the hike in corporate taxes from 10 to 12 per cent is fair, adding the extra money helps those who rely on the province's social systems.

She said slashing health care and education funding would worsen the economy.

Diversifying the economy is also a way to stimulate growth, she added. Measures include enhancing tourism, technology and agriculture, while getting the Energy East pipeline approved.

Prabhdeep Gill — Progressive Conservatives

Gill thinks making the province an attractive place to invest will help the economy and create jobs.

He said lowering taxes would be ideal, but can't say if that's the route the PCs would go — by lowering taxes, the province's social programs would be affected.

"The balance has to be there," he said. He also said he can't comment on what the party would do with the NDP's carbon tax plan.

"We need confidence from our investors," he said. "I'd push the government to start appreciating enterprises and all businesses.

As for social programs, he said he'd push for investment in schools and education. He said crime, too, is an issue in the riding. He plans to push for programs that engage kids at a community level to educate kids, rather than filling prisons.

Khalil Karbani — Alberta Liberal Party

Khalil Karbani thinks creating more jobs via federal funds will help the ailing economy.

Karbani said the federal Liberals' recent $250-million announcement and other funding promises is a good thing for the province — it'll create jobs in infrastructure. He also isn't opposed to put people to work through cleaning old oil wells.

On the $15 minimum wage issue, though, Karbani is cautious — he said now isn't the right time, as some small businesses will suffer. But when things improve, he isn't opposed to the wage hike.

Though it only composes a fraction of provincial GDP, he said upping tourism will help boost the economy slightly.

"It's not going eradicate that problem of our job losses right now, but it will help it a tad," he said.

Jarad Hauck, who was diagnosed with arthritis, and Dr. Nicole Johnson, who has helped him improve. JEREMY SIMES/METRO

Kids do get arthritis too

AWARENESS

Jarad Hauck is proof positive it can happen, and be treated

Jeremy Simes
For Metro | Calgary

Jarad Hauck can happily play with Lego again, if he so chooses.

Hauck, 17, was diagnosed with arthritis at the age of 11. He said the pain became so bad he stopped playing with Lego.

"I was angry all the time because I was in pain," he said.

Coinciding with Arthritis Awareness Month, Hauck is sharing his story to let people know childhood arthritis is real, affecting numerous kids in the province, according to Dr. Nicole Johnson, a pediatric rheumatologist at the Alberta Children's Hospital.

Hauck's dad, Dirk, said the family initially thought Jarad was suffering from severe growing pains.

But it was much more than that. At a regular checkup on his sister — who also has joint issues — the Haucks approached Johnson to see if they could learn more about Jarad's joints.

They decided to do a consultation, and found out that he was stiff in many of his joints.

Dirks recalled Jarad would take 20 minutes to get out of bed sometimes, and walk up stairs.

His co-ordination was also off — stiff joints don't react as quickly, Dirks added.

Jarad's arthritis affected his ability to play basketball and volleyball — something not too many kids have to worry about, Johnson said.

She hopes Jarad's story gets some parents to truly listen to their kids so that, if they're in pain, they can get assessed sooner.

"Children do get arthritis and by looking at them you don't appreciate they don't have a chronic illness," she said.

"We hope the community recognizes that kids get it and, if they need a few minutes off the field, that they're not being teased or bullied.

Jarad's pain began improving after two months of receiving therapy. The pain is still there but it's under control.

Now, he plays on the senior volleyball team at school, skis and longboards.

> **We hope the community recognizes that kids get it and, if they need a few minutes off the field, that they're not being teased or bullied.** Dr. Nicole Johnson

IN BRIEF

ABP decides to opt out of running in byelection

The Alberta Party has chosen not to run a candidate in the Calgary-Greenway byelection.

The decision came from the party's board of directors, noting there was more than one qualified candidate who was interested in running, according to the Alberta Party. Alberta Party Leader Greg Clark said running in Calgary Greenway isn't the best use of the party's resources. METRO

Albertans asked for input on doctor-assisted death

Alberta's Health Minister Sarah Hoffman wants public input to help develop policies to protect the interests of patients, health-care workers and vulnerable individuals. The Supreme Court of Canada ruled individuals with unbearable suffering from a grievous and irremediable condition could seek a doctor's help to die. Ottawa has till June 6 to pass new legislation reflecting the court's landmark decision. THE CANADIAN PRESS

Folk Fest performers named

The Calgary Folk Fest leaked details about six artists performing at the July music festival. They are the James Blood Ulmer Trio: 70-year-old guitarist and blues musician; Tallest Man on Earth: Swedish singer-songwriter Kristian Matsson; Corb Lund and the Hurtin' Albertans; San Fermin: Blending classical training with pop vocals, the band debuted in 2013; The Bros. Landreth: a 2015 Juno for best roots an traditional album under their belt; and Braids: A three-member mix of electronic and acoustic music, who met as high school kids in Calgary. For more visit calgaryfolkfest.com. METRO

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Bryce's bicycle paid forward

SHARING

Young Syrian delighted by donation from boy's family

Lucie Edwardson
Metro | Calgary

When Kerri Workman and her husband Malcolm Eyjolfson walked into the Syrian Refugee Support Group (SRSG) warehouse Sunday to donate their son's bicycle, they said they could feel his spirit walking with them.

"He was right there with us smiling," said Workman. "I had tears in my eyes."

Eleven-year-old Bryce Eyjolfson died in October 2014 after playing the dangerous "choking game," a game where people asphyxiate themselves to the point of a euphoric feeling.

Bryce had built his treasured bike with the help of his father, and after his passing, the bike reminded them of better times and the joy of their son.

After Bryce died, his bike was stolen from a shed in the family's yard.

The thief heard Workman's emotional plea for the bike's return, showed up at their door, apologized and returned the bike.

Over the weekend, Sam Nammoura, one of the co-founders of the SRSG, put a call out over Facebook to grant the wish of a new-to-Calgary 12-year-old Syrian refugee boy named Abdo.

Abdo's wish was for a bike, and when Workman saw the post, she and Eyjolfson said they knew immediately what they had to do.

"We saw the post and decided to donate (Bryce's) bike," said Eyjolfson.

"This is an emotional thing for us, but it's what Bryce would have wanted."

Marwan Olotiki, Abdo's father, said when his son heard about the bike he "jumped for joy."

"He was so excited about the bike he couldn't wait to go pick it up," Olotiki said through a translator.

The Calgary couple said they feel lucky to have been able to donate something with so much meaning to them to someone who's starting fresh in Calgary.

"I feel so blessed," said Workman.

"It was an honour on our behalf. We hope that our small donation helps Abdo and his family feel more welcome here in Calgary."

The family also gave him Bryce's football.

Olotiki said when they heard Bryce's story, they felt bad for bringing up the pain of their loss — but Workman said they hope the bike will hold a special place in Abdo's heart for a long time and continue to preserve Bryce's memory.

"Maybe 25 years from now he'll remember the family who gave them their son's bike and think of how it made him feel," said Workman.

Eyjolfson and Workman said through both the experiences of having the bike stolen and returned, as well as through meeting many refugees at the SRSG warehouse, they have really learned the importance of not judging others.

"We're just thinking, What if we were walking in their shoes, how would we feel and what would we do?" said Eyjolfson.

"We know Bryce would be so happy this has happened."

HOW TO HELP

To learn more about the Syrian Refugee Support Group and how you can help, visit the website www.yycsyr.ca.

> He was so excited about the bike he couldn't wait to go pick it up.
> Marwan Olotiki on his son, Abdo

Abdo Olotiki and Kderri Workman COURTESY SAM NAMMOURA

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WestJet marks 20 years of service

TRANSPORTATION

Little airline that could now a major player

Brodie Thomas
Metro | Calgary

In case you didn't know it — WestJet is a leap-year baby.

The company launched on Feb 29, 1996, which meant Monday was its 20th — or possibly fourth — birthday.

The company celebrated at its Calgary headquarters with cake, party favours, and at least one special guest.

Federal Transportation Minister Marc Garneau was on hand to congratulate the company on 20 years of service.

Garneau, the former honourary patron of Hope Air, a charity that provides medical travel, spoke highly of WestJet's contribution to the group.

"You have been a fantastic corporate citizen in terms of helping people who needed care, and their parents," said Garneau. "You have been the most generous to Hope Air among all the airlines of this country."

WestJet president Greg Saretsky said the company wasn't only marking 20 years of service. It was also marking 20 years without a single layoff.

"This won't be the year that we start," said Saretsky.

He said they've found that airfares, adjusted for inflation, are comparable to the 1996 prices.

"So fares are still a bargain, and they're one of the few things, like electronics, that has continued to decline over time," he said.

> **So fares are still a bargain, and they're one of the few things ... that has continued to decline over time.** Greg Saretsky

Transportation Minister Marc Garneau cuts the cake at WestJet's 20th birthday celebrations on Monday. He got help from cabin crew sporting the company's newest uniforms. BRODIE THOMAS/METRO

SPONSORED CONTENT

Community-building is vital to Zita Cobb

Zita Cobb dedicates her life to her two great passions: entrepreneurship and philanthropy. She believes that both contribute to a strong and vibrant community. Cobb founded the Shorefast Foundation in 2003, which has initiated projects to contribute to a resilient and vibrant future for Fogo Island, N.L., where the local economy was decimated by commercial cod fishing in the 1990s. As an eighth generation Fogo Islander, she was committed to bringing her home community back from the brink.

Cobb's approach to social entrepreneurship is innovative and bold and Shorefast is engaged in developing tools and resources for small communities in Newfoundland that have had massive impact. A foundational ethos at Shorefast is social entrepreneurship—using business-minded ways to achieve social goals. Cobb believes that charity, itself, is not sustainable and social entrepreneurship is the basis of building sustainable communities and reinvigorating economy.

Shorefast Foundation has three key initiatives that aim to improve the island's economic future. The Fogo Island Arts Corp., a microfinance fund called the Business Assistance Fund and, of the greatest fame, the Fogo Island Inn. The Inn is one of the top-ranked five-star accommodations in the world. Perched upon the rocky coast, the low profile, 29-room hotel is striking and modern with breathtaking views. It represents a radical departure from typical local lodging. Fogo Island has become an international cultural destination that is economically viable, but hasn't lost its soul.

Cobb's mantra of "keeping the most important thing, the most important thing" is guided by the belief that nature and culture are the two great garments of human life and that business and technology are the two great tools that can and should serve them. At a time when Albertans are seeking innovative solutions to economic challenges, her teachings remain applicable all the way from the rocky coast of Fogo Island to the bustling streets of Calgary.

Zita Cobb
CEO, Shorefast Foundation, Innkeeper

Let's keep the most important thing, the most important thing.

Zita Cobb

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The grocery store at your doorstep

SMALL BUSINESS

Startup delivers flour and carrots within an hour

Aaron Chatha
Metro | Calgary

When you've forgotten the gravy or the mashed potatoes and are cornered by an angry family breathing down your neck at dinnertime, Calgary startup Kolmol has got you covered.

The startup will pick up any items you need from a local Superstore or Costco location and deliver it to your doorstep — within an hour of your online order.

Kolmol officially launched Feb. 29, and within the first few hours, founder Saransh Kalia said the service already caught on.

Saransh Kalia said the delivery service is aimed at stay-at-home moms and seniors who don't always have the time to go grocery shopping. COURTESY SARANSH KALIA

"We have done so many deliveries today," he said. "Like, single moms and seniors, they really enjoy it because they don't need to go anywhere and they don't need to depend on anyone but us."

The service works online and allows you to select a store, Superstore or Costco near your postal area and allows you to see what items they have available.

Kalia said the website reflects the same prices as within the store — and no Costco membership is needed.

> **Single moms and seniors, they really enjoy it.**
> Saransh Kalia

Kolmol charges a delivery fee depending on the dollar value of what you ordered. For example, orders between $35 and $500 have a $5.99 delivery fee.

Currently the service just picks up groceries — no ordering a Costco TV to your doorstep — but Kalia said they plan to introduce new stores into the mix as they grow.

"This year, we're planning to expand to a few different cities (as well) — like an Uber for groceries."

ALBERTA

Slumped economy hits charities hard

Alberta's economic downturn is putting the squeeze on charities as growing numbers of unemployed seek help and others cut back on discretionary spending.

Demand is up at food banks in Calgary, Edmonton and Fort McMurray, swollen by people who have recently lost their jobs in the oilpatch or by others who were laid off last year and have burned through their savings and credit.

Capt. Pam Goodyear of the Salvation Army says requests for help are up by as much as 30 per cent in the province from last year. Smaller communities are being hard hit.

"It is people who have lost their jobs and never had to ask for help before," Goodyear said Monday. "Some are looking for emergency food, help with utilities, help with rent."

43%

Increase in new clients to the Calgary Food Bank.

Last month, Alberta's seasonally adjusted unemployment rate was 7.4 per cent — up from 4.6 for the same time in 2015. Some economists believe the jobless rate could grow higher this year.

The Calgary Food Bank said it distributed food last month for 13,000 people — a jump of 24 per cent from the previous year.

Shawna Ogston, a food bank spokeswoman, said the number of new clients was up by 43 per cent.

"It's your neighbour, it is your friend, it is your family," she said. "You have to wonder what 2016 is going to bring."

The oil slump is also affecting a major source of funding for the STARS air ambulance service in Alberta. For the first time in 23 years, the non-profit agency is predicting it will not sell all the tickets for its annual lottery that includes homes, cars and cash.

STARS, which is partly funded by the province, depends on lottery proceeds for about one-third of its budget. Last year, the agency netted $11 million from ticket sales.

"It is the economy and the lack of discretionary cash," said STARS president Andrea Robinson. "We are going to have to look at new ways of raising money." THE CANADIAN PRESS

Defund seal hunt: Anderson

ANIMAL RIGHTS

Actress says money better spent on other businesses

Pamela Anderson is hoping Prime Minister Justin Trudeau will hear her out on behalf of seals. In a letter to Trudeau, the Canadian-born actress asks him to meet her to discuss phasing out or ending federal subsidies for the East Coast commercial seal hunt.

Anderson writes in the letter obtained that Ottawa has poured millions of taxpayers' dollars into propping up the fading industry.

The honorary director of the PETA animal-rights group says the money could be better spent promoting businesses with a brighter future that would help the world see Canada as a sophisticated, enlightened country.

The former star of the TV series Baywatch is among several prominent figures including U.S. President Barack Obama and music legend Paul McCartney who have spoken out against the hunt.

With limited market options, the commercial hunt in Canada has shrunk in recent years. Hunters landed 38,000 harp seals last year, compared with 55,000 in 2014 and 91,000 in 2013.

Pamela Anderson, seen here outside Toronto's Queen's Park in 2009 to launch a new ad campaign with PETA against Canada's commercial seal hunt, is urging Prime Minister Justin Trudeau to end federal subsidies for the hunt. TORSTAR NEWS SERVICE

The former Conservative government defended the hunt as beneficial for local economies, humane and well-regulated. In recent years, the federal government has invested in programs to promote seal meat in domestic and foreign markets.

Anderson wrote in her letter to Trudeau on Monday that she admires his progressive views on LGBTQ rights, his compassionate stance on the Syrian refugee crisis and his decision to name a gender-balanced cabinet.

"There's another issue that has sullied Canada at home and abroad for years, which I hope you'll address: wasteful government bailouts of the nearly extinct East Coast commercial seal trade," she wrote. "I urge you to usher in a new era of fiscal responsibility and kindness by ending federal subsidies of the commercial seal slaughter."

THE CANADIAN PRESS

IN BRIEF

Review of Canada-EU trade deal completed

The federal government says the legal review of Canada's free trade deal with the European Union has been completed — and the door is open for the pact to come into force next year. An agreement in principle was reached on the comprehensive deal, known as CETA, in October 2013. Negotiations between Canada and the 28-member EU began in 2009.

The agreement was negotiated under the former Conservative government, but International Trade Minister Chrystia Freeland said Monday that the Liberals supported CETA while in opposition. THE CANADIAN PRESS

Foster parents allege vendetta by social workers

A couple says they believe social workers in the British Columbia Children's Ministry are carrying out a "personal vendetta" against them for trying to keep a Metis toddler they've raised since birth.

The couple, who cannot be named, were in the B.C. Court of Appeal on Monday asking a judge to temporarily block the ministry from moving the two-and-a-half-year-old girl to Ontario to live with older siblings she has never met.

THE CANADIAN PRESS

IMMIGRATION

Arrival of 25,000 refugees a 'significant milestone': McCallum

Immigration, Refugees, and Citizenship Minister John McCallum says Canada has reached a "significant milestone" with the arrival of 25,000 Syrian refugees.

McCallum told a news conference at Toronto's Pearson airport Monday that the work continues to integrate Syrians into the community. McCallum was at the airport as the last two government-arranged refugee flights were arriving as part of the Liberals' $678-million settlement plan.

The refugee resettlement program was launched in November, after the Liberals came to power and promised to bring in 25,000 government-sponsored refugees by the end of February.

But the 25,000 Syrians that have already arrived in the country are a mix of more than 14,300 refugees assisted by the government and 8,500 sponsored privately.

An estimated 4.7 million Syrians have registered as refugees since the outbreak of the Syrian civil war in 2011, but the UN refugee agency is not seeking permanent new homes for that many.

Syrian refugees have gone to communities where there are settlement supports in place, with consideration given to whether they have family members in Canada, as well as the availability of schools, and housing, McCallum said.

THE CANADIAN PRESS

8,500

The number of refugees among the 25,000 that were sponsored privately.

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5 THINGS TO KNOW ABOUT SUPER TUESDAY

Americans in 11 states vote today, the biggest day on the presidential primary calendar. There are a total of 1,460 delegates up for grabs — 865 for Democrats, 595 for Republicans. Here's what you need to know. TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

1 Can Ted Cruz win the South?

If the Texas senator loses to Donald Trump in his home state, his candidacy is either finished or doomed. And, even if he wins, he needs at least a few other triumphs in the south to have a real path to the nomination. But with 155 Republican delegates up for grabs, Texas is truly the biggest prize.

2 How broad is Trump's appeal?

Donald Trump is leading in the south, the north, the Midwest, everywhere. He currently has 82 Republican delegates. Cruz has 17, and Marco Rubio has 16. If he manages a Super Tuesday sweep, or wins every state but Texas, we can start calling him the presumptive nominee.

3 Will Marco Rubio be a real contender?

The Florida senator has not won a single state, but he earned rave reviews and heavy coverage this week for a Trump-mocking debate performance. If that doesn't translate into strong showings, such as, say, a victory in Virginia, it is hard to see what will.

4 Can Bernie Sanders win anywhere outside Vermont?

He has his home state locked down, but he doesn't have a lead anywhere else. Without victories in some other places, such as Colorado, Minnesota or Massachusetts, which borders Vermont, his path to success will be just about closed. Sanders will be hard-pressed to win any of the southern states which are home to large numbers of black Democrats, such as Georgia and Alabama.

5 How big is Clinton's margin in Texas?

Texas will determine 222 Democratic delegates, more than twice as many as any other Tuesday state. Hillary Clinton managed a key win there during her failed 2008 campaign against Barack Obama. After her decisive win in South Carolina, she has 91 delegates, while Sanders has 65. A huge win for Clinton this time would be big trouble for Sanders.

CALAIS

Police, migrants clash in France

Makeshift huts went up in flames on Monday in an angry backlash as workers, guarded by scores of French police, began pulling down tents and shelters in the sprawling migrant camp in Calais.

Police lobbed tear gas in a brief clash with pro-migrant activists and others throwing projectiles at officers forming a security cordon to protect the tear-down.

There were no reports of injuries. At least three pro-migrant activists were arrested, authorities said.

As tension mounted, the fragile structures in part of the camp came down and heavy equipment was moved in to scoop up the rubble and junk left behind by weary migrants dreaming of a new life in Britain.

Three makeshift homes went up in flames, the fires set either by upset migrants or pro-migrant activists, according to Gilles Debove, who acts as a police spokesman. A second larger fire, apparently spread by wind, destroyed a mass of shelters.

About 4,000 people are estimated to live in the camp. The dismantling of the dense southern portion of the current camp would be the largest such operation the city has known. THE CANADIAN PRESS

Clashes at Calais migrant camp. THE ASSOCIATED PRESS

ELECTIONS

Iranian reformers beat hard-liners in parliament, clerical body

Iranian voters dealt hard-liners a serious blow in elections for parliament and an influential clerical body, favouring reformists and relative moderates who support last year's nuclear deal in the country's first elections since the landmark agreement, results released Monday showed.

Reformists, who favour expanded social freedoms and engagement with the West, won at least 85 seats, according to final results released by the Interior Ministry and broadcast on state TV. Moderate conservatives — who split with the hard-line camp and support the nuclear deal — won 73, giving the two blocs together a majority over hard-liners in the 290-seat assembly.

The vote isn't expected to herald large-scale change in Iranian policies, but may make it easier for President Hassan Rouhani to deliver in areas such as promoting social freedoms and reforming the economy.

Hard-liners won just 68 seats, down from 112 in the current parliament. Five seats will go to religious minorities, and the remaining 59 will be decided in a runoff, likely to be held in April.

While none of the country's three main political camps will dominate the next parliament, reformists and moderate conservatives are expected to work together — at least on economic issues.

That should make the assembly less hostile to Rouhani, a moderate elected in 2013 on pledges to relax restrictions on freedom of expression and improve ties with the West.

"Rouhani will face a friendly parliament," said Ali Reza Khamesian, the campaign manager for top reformist vote-getter Mohammad Reza Aref. Khamesian said the president could count on parliament's support to drive through economic reforms and expand social freedoms.

A voter shows her hand with 30+16, a slogan urging people to vote reformist and moderate. VAHID SALEMI/THE ASSOCIATED PRESS

"Getting parliamentary approval to lift restrictions on women attending male sports stadiums and providing greater protection for women's rights will be among the measures" Rouhani can achieve, he said.

At least 12 women have already been elected to parliament, including Fatemeh Hosseini, a 30-year old business administration expert, and six others will compete in the runoff vote. A win by three in the second round would make for the biggest female parliamentary presence in Iran's history. THE ASSOCIATED PRESS

$ BY THE NUMBERS | FOR HIM, FOR HER

GRAPHIC BY METRO

Women pay more for goods: Study

MARKETING

Companies exploiting stereotypes, says professor

Should a pink razor or a purple pen cost more than a blue razor or black pen?

Known as the "pink tax" or gender-based pricing, it means women end up paying more for goods and services than men — from deodorant to cologne to haircuts to dry cleaning.

Companies are exploiting stereotypes we have in society, said Sarah Kaplan, a professor of strategic management at the Rotman School of Management. "People don't want their gender stereotypes exploited for profit," she said. "But I also think it's so embedded that change is going to really require businesses to rethink themselves."

A study by New York City's department of consumer affairs examined the prices of 800 products, with clear male and female versions. It found, on average, products for women cost seven per cent more than similar products for men. Across the entire sample, women's products were priced higher 42 per cent of the time.

Kaplan said companies are getting trickier about disguising differences, so direct comparisons are harder to make. For example, women's and men's deodorant might be priced the same, but the women's size is smaller.

She added it is difficult for governments to legislate equality, because manufacturers will make small feature changes and argue they are not the same product.

Torstar News Service visited a number of retailers to looked for items priced differently.

At Canadian Tire, children's gardening gloves with the Teenage Mutant Ninja Turtles logo sold for $6.99 compared with purple gloves with the sisters from Frozen at $7.99.

"We don't price our products based on gender," said Stephanie Nadalin, a Canadian Tire spokeswoman, in an email. "The cost differential ... can be attributed to the different licensing fees."

At Shoppers Drug Mart, a two-pack of Bic For Her ball pens sold for $5.49, compared to a two-pack Bic Velocity ball pens for $2.99. Jill Johnson, a Bic spokeswoman in Connecticut, noted in an email that the two products have different features. She said the Bic for Her pens have "unique jewelled accents, embossed metal nose cones and clips, and barrel designs," while the Velocity pens do not have those features.

TORSTAR NEWS SERVICE

> Change is going to really require businesses to rethink themselves.
> Sarah Kaplan, Rotman School of Management

In 2013, an Australian teenager posted this image of his sandwich on Facebook that was only 11 inches. Subway has now agreed to take steps to ensure its bread is at least 12 inches long, including requiring franchisees to "use a tool for measuring bread." FACEBOOK.COM

SANDWICHES

Subway promises to ensure 'footlongs' are 12 inches long

Subway customers can finally rest assured that their "Footlong" sandwiches will be as long as promised.

A U.S. judge last week granted final approval to a settlement of a class-action suit filed against Subway after an Australian teenager in 2013 posted an image of his sandwich on Facebook that was only 11 inches.

The image garnered international media attention, with The New York Post writing that it found four out of seven Footlongs "measured only 11 or 11.5 inches."

A judge had given preliminary approval in October to a settlement between Subway's parent company Doctor's Associates and plaintiffs' attorneys. Final approval was granted on Feb. 25. As part of the settlement, Subway agreed to institute practices for at least four years to ensure its bread is at least 12 inches long.

The judge approved $520,000 US in attorney fees and $500 US for each of the 10 individuals who were representatives of the class, but no monetary claims were awarded to potential members of the class.

> It was difficult to prove monetary damages, because everybody ate the evidence.
> Thomas Zimmerman

"It was difficult to prove monetary damages, because everybody ate the evidence," said Thomas Zimmerman, who was co-lead attorney for the class.

Lynn Adelman, a judge for the U.S. District Court Eastern District of Wisconsin, wrote in the final approval that the plaintiffs' attorneys learned Subway makes its bread with "dough sticks" that weigh the same when they arrive at stores frozen. The dough is then thawed and stretched before baking, a process that can lead to variability in the size and shape of the resulting bread.

THE ASSOCIATED PRESS

IN BRIEF

SEC probing Valeant
Valeant Pharmaceuticals said Monday it is under investigation by the U.S. Securities and Exchange Commission. Shares in the Quebec-based drugmaker plummeted to $94.49 on the TSX.

THE CANADIAN PRESS

market minute

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OIL $33.75 US (+97¢)
GOLD $1,234.40 US (+$14.00)

NATURAL GAS: $1.711 US (–8.0¢)
DOW JONES: 16,516.50 (–123.47)

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Noah Malcolm

Take notice that on the **31st day of March 2016** at **9:30 a.m.**, at **Calgary Family Court, Courtroom #821, 601 – 5th Street SW, Calgary, Alberta,** a Judicial Dispute Resolution will take place.

Take notice that on the **20th day of April 2016** at **9:30 a.m.**, at **Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta,** a Pre-Trial Conference will take place.

Take notice that on the **24th, 25th, 26th, and 27th days of May 2016** at **9:30 a.m.**, at **Calgary Family Court, Courtroom #1408, 601 – 5th Street SW, Calgary, Alberta,** a Trial will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **July 6, 2015**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. You will be bound by any Order the Judge makes. You do have the right to appeal the Order within 30 days from the date the Order is made.

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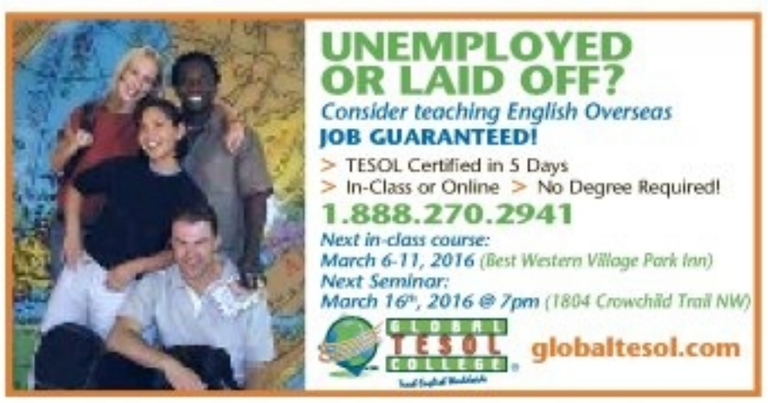

metro VIEWS
Your essential daily news
Tuesday, March 1, 2016

EMMA TEITEL: YOU DON'T ALWAYS HAVE TO 'ASK HER MORE'

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

At the Academy Awards on Sunday night, host Chris Rock was full of jokes about white Hollywood liberals, happy to donate money to progressive causes and shake hands with President Barack Obama, but unwilling to hire black actors or tell black stories (unless, it appears, those stories involve slavery, or a down-and-out African-American little league team that finds its stride under the guidance of a charismatic white coach from out of town).

But it wasn't the comic's racially charged barbs that shocked and appalled many of the perpetually slighted online: It was a joke, instead, at the expense of a popular feminist cause.

Rock made fun of Ask Her More, a celebrity-studded social media campaign (supporters include Reese Witherspoon and Shonda Rhimes) demanding that reporters on the red carpet ask female entertainers questions more intellectually rigorous than "Who are you wearing?"

Women, the story goes, are asked about their fashion choices and cosmetic prep, whereas men are asked solely about their work. Rock's apt and hilarious analysis of this supposedly sexist double standard went like this:

"They ask the men more because the men are wearing the same outfits. Every guy is wearing the exact same thing. If George Clooney showed up with a lime green tux and a swan coming out of his a–, someone would go, 'Hey, what you wearing, George?'"

Indeed they would. And yet, Ask Her More advocates shot back at Rock that he had missed the point: Nobody was suggesting a moratorium on fashion-related questions. They would simply like reporters to delve deeper when they interview women on the red carpet.

ASK HIM LESS Chris Rock is right to point out that if George Clooney wore lime green to the Academy Awards, he'd be asked about his wardrobe, too — so let's all agree to let the Oscars be superficial, Emma Teitel writes. GETTY IMAGES

But the question in my mind, one Rock did put forward, is this: Why, regardless of gender, are reporters delving deep on the red carpet at all? I'd like to propose an alternative antidote to red carpet sexism — a model of equal opportunity shallowness.

Rather than "Ask Her More," entertainment broadcasters should just "Ask Him Less."

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

And there are few things less interesting than sanctimonious actors droning on about the complexity of their characters or the ins and outs of their "process."

Worse still is the recent obsession with pet social causes and intellectual posturing.

Call me shallow, but I would much rather learn what a celebrity is wearing or (in Jared Leto's case) how long he spent at the salon, than listen to him regurgitate the New York Times editorial he read that morning on GMOs or drone strikes.

This doesn't mean the Oscars should be politics-free. Quite the contrary: Rock's political commentary on race was both essential and excellent. But efforts to make the red carpet ceremony itself an event of legitimate substance is ridiculous and, frankly, no fun.

There is a time and a place for pure unadulterated frivolity, and if stars want to wax poetic about their professional and political achievements rather than take their fingers for a walk through the "Manicam" (sorely missed this year), they can start a newsletter like Lena Dunham.

Taking a stand against fashion criticism is fruitless, even where such a stand makes sense.

In politics, for example, we may know it's unjust to single out women for their sartorial choices, but to Rock's point, it's extremely hard not to.

Women tend to wear interesting pieces and bright colours and men, for the most part, don't.

You may be the most enlightened progressive on Earth, but there is no PC tonic powerful enough to prevent you from reacting to Sarah Palin's infamous sequin-fringe bolero jacket — the jacket she wore on stage to endorse Donald Trump and the only thing in history that is actually louder than him.

Maybe where politics are concerned, the path to an egalitarian landscape in which women aren't criticized unduly for their fashion, is possible through the adoption of a standardized uniform.

For example, a more breathable version of the stretch-fabric jumpsuits worn by members of the U.S.S. Enterprise on Star Trek: The Next Generation would be highly comfortable and flattering on leaders of all shapes and sizes.

Just imagine Bernie Sanders battling it out at the podium with Hillary Clinton, both of them rocking the black and red spandex of Captain Jean-Luc Picard. That's what I call fashion-forward.

As for the red carpet, all's fair in love and wardrobe malfunctions.

An alternative antidote to red-carpet sexism: equal-opportunity shallowness.

Emma Teitel is a national columnist for the Toronto Star.

ROSEMARY WESTWOOD

metroview

Our instinct is to look away from stories like Spotlight. Don't.

One well-trodden story, about good people whose inaction clears a path for evil, won an Oscar on Sunday night.

Spotlight, the tale of how Boston Globe reporters broke a Catholic-priest sexual-abuse scandal, took home the best picture award, highlighting the need for such costly reportage just as media companies cut jobs.

The film charts the journalists' triumphs, but also underscores how many people looked the other way for so long. Priests, cardinals, the Vatican; members of Boston's Catholic community, lawyers, judges; even Globe journalists, who had been sitting on stories of priest abuse for years without much follow-up.

It's particularly ironic, then, that when I went to see Spotlight, it was by accident. I was even dreading it. We wanted light fun, but we arrived too late. As a Catholic, I shrunk from yet another story of horrific abuse and the institution that, in effect, condoned it.

Perhaps you know this feeling: of not wanting to be a witness, to instead avoid the most disturbing realities.

The urge came back on Sunday, when my Facebook feed lit up with one acquaintance's revelation — via an article on Medium.com — that he was sexually abused at only 10 and 11 years old, by a neighbourhood man.

The drive to wilful ignorance is a mark of selfishness, perhaps even nihilism — as if there was no role for me in another person's suffering. I did not click. I ignored an act of bravery. I let the link pass by. Until yesterday.

"After everything, it's still hard to say it. But every time I do, it feels a little lighter," writes Brian Kennedy. "I was sexually abused." Kennedy's pain has moved him to advocate for an end to silences. Around sex, especially when it comes to educating children. Around the emotional health of young boys, for whom macho ideals remain powerful.

As Michael Sugar accepted the Oscar, the Spotlight producer called for a chorus amplifying the voices of survivors, "a choir that will resonate all the way to the Vatican."

That only works if we see the movie. If we read the disturbing accounts of abuse. If we speak our dismay, our outrage, our solidarity with survivors. "The story of Spotlight has really just begun," Sugar told reporters backstage.

Amid this attention, it's worth remembering how many stories of suffering languish in the dark, because no one is looking for them, or someone is too afraid to speak out, or many others choose avoidance over action.

I understand why we would not want to look. But that choice is indefensible.

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BODYWEIGHT GET FIT THE MACHINE-FREE WAY

Your body may be all the gym you need. That's the theory behind bodyweight exercise, the fitness trend that will have you pushing, pulling and crawling around your living room floor. Bodyweight movements are a simple yet challenging form of unrestricted exercise. Here are some of the basics, plus a few more challenging movements **TORSTAR NEWS SERVICE**

1 Pull-ups

What it works: Back, biceps
What to do: With an overhand grip on the bar above you, pull yourself up with your arms until your chin clears the bar.
Why it's effective: This one is simple enough — get your head above that bar up there — but it can be a real burner depending on your body size.
What you'll need: A door frame with a pull-up bar.

2 Wall Walk

What it works: Chest, shoulders, core
What to do: Start in push-up position with feet against the wall, walk yourself up the wall backward into a handstand position with your feet on the wall.
Why it's effective: Bodyweight movements that mimic lifting weight above your head are less common.
What you'll need: A wall you don't mind scuffing up a bit.

3 Spider-Man Walk

What it works: Upper body, coordination
What to do: In a push-up position, move your left hand forward and bring your right knee to your right elbow, moving forward along the floor like Spider-Man himself.
Why it's effective: This is a fun, challenging push-up variation that might have you laughing at your lack of coordination skills.
What you'll need: Just a floor path to crawl like Spidey.

4 Hollow Rock

What it works: Core.
What to do: Lie on your back and use your abs to make yourself into a "bowl" shape. Hold this position or rock your body side to side or forward and back, keeping your body tight.
Why it's effective: This uses your abs in the way they're meant to be used, to stabilize your torso. The traditional sit-up uses your abs in a way they're not meant to be used, causing your spine to flex repeatedly.
What you'll need: A comfortable floor mat.

5 Scissor Lunge

What it works: Lower body: thighs, quads, hamstrings, glutes
What to do: Jump up from a lunge position, switching legs before landing softly in the opposite lunge position.
Why it's effective: You know how to squat, but the lunge is superior in that it works one leg at a time, which amps up the intensity.
What you'll need: Nothing but floor space.

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Mark Langowski's menu for a sexy six-pack includes potatoes, chickpeas and lentils, plus planks twice a week. CONTRIBUTED

Skip the mega-crunches: Eat your way to fab abs

FITNESS

Celeb trainer shares his six-pack wisdom in a new book

You've heard the refrain, "abs are made in the kitchen."

Unfortunately for our taste buds, celebrity trainer Mark Langowski reaffirms that claim with his new book Eat This, Not That! for Abs (Penguin Random House, $22.99).

Eat this, he says: your own homemade vegetable juice. Not that: health food store juice.

Eat this: lentils, chickpeas or potatoes. Not that: delicious bread roll.

Langowski can't reveal much about his star-studded client list, but he recently helped knock four inches off Good Morning America host Ginger Zee's new-mom belly for an upcoming gig. If they make it look easy, training for the limelight isn't without its challenges.

"They know they've got someone breathing down their neck," says Langowski, and he doesn't mean him. "If they don't look their best, if they're not fit, if they're not healthy — they can be replaced."

You incorporate a "work out anywhere" idea into your training. What are your favourite spots to work out?

Number one is my living room. It's always kind of calling my name.

When people watch videos of me doing exercises in the living room, they can relate. A lot of people don't have money for expensive gyms, or if I'm doing a fancy workout on some fancy yacht in the middle of the Caribbean.

We do mostly body weight exercises. You utilize so many more muscles in your body when you use your body as the primary source of resistance.

What are the most underused body weight exercises?

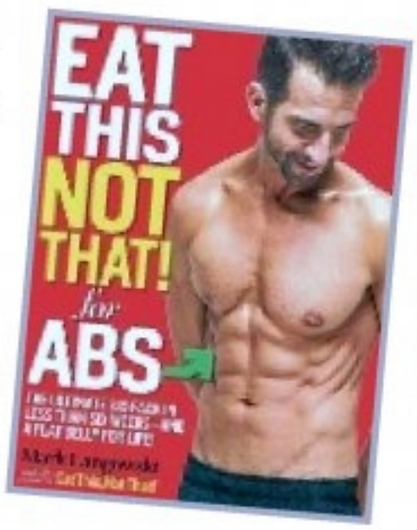
The plank. The number one is the plank. I see so many people doing sit- ups and all these crunches trying to get six-pack abs. The front plank, the side plank. I don't see enough of it when I go into a gym.

Why is the plank the best?

You're engaging more than just your abdominal muscles. You're using your shoulders, your legs, your back, your abs, your obliques — everything.

What's the number one myth about ab workouts?

A lot people think that the abs are some mythical muscle that can be trained every single day or twice a day and that that's the fastest way you're going to get abs



— and they're wrong. When the muscles recover, that's when they're actually getting stronger and rebuilding.

People think I'm doing sit-ups and planks and crunches all day long. The reality is I train them twice a week and that's it. Honestly, it's 85 per cent diet.

Someone needs to have a good diet if they want to see their abs. All the ab exercises in the world, no matter how good they are, you're never going to see them unless you have a good diet.

People are often fascinated by how quickly celebrities can transform their bodies. How do they do that so quickly?

First of all, it's their job. They don't go to a typical nine-to-five job like you and I do. It means they schedule that trainer to basically live with them, and if not live with them, see them morning, noon and night. They bring in a private chef to control all the meals.

When you have the top health professionals in the world monitoring all those elements, you are guaranteed results.

When celebrities come to you, what area of their body is the number one concern?

For the men, a lot of it is abdominals. They want to see their abdominals. They also want broad shoulders; they want a big chest and big arms. For the females, they want a toned stomach, they don't want a rippling six pack, but they want a toned flat stomach and they want nice toned legs and a nice lifted, toned butt.

So when you see those celebrity mothers transform their bodies faster than the average mom, it's because it's their job, not because they're special?

To be honest, their careers depend on it. Each year, they don't get any younger. They're on TV and they've got another crop of girls that are just as smart, that are newer, hotter, skinnier. This is television, you know, it's a shallow industry.

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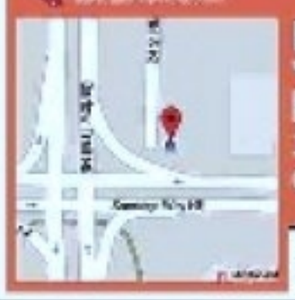
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Curl like a cat with a move for your abs

YOGA

Strengthen your middle while getting a stretch, too

YuMee Chung
Torstar News Service

If your abdominal muscles are feeling as weak as a kitten, I've got just the exercise for you. It's called the "Cat Curl" and it's a fun alternative to your plain-vanilla abdominal crunch. You'll get many of the benefits of a crunch served up with a built-in counter-pose that stretches out your six-pack muscles so they grow strong, long and supple.

YuMee Chung demonstrates Cat Curl. For this pose, arch your back skyward like a Halloween cat. TORSTAR NEWS SERVICE

The Cat Curl

1. Set-up on all fours in a table-top position with your hands directly under your shoulders and knees under hips. Spread fingers comfortably wide and point toes so toenails meet the ground.

2. Take a moment to inhale deeply with the spine in a neutral position and eyes looking forward and down on a 45-degree angle.

3. Now, exhale your way into cat pose by pointing the top of your head and tailbone down towards the ground while strongly arching the back skyward like a Halloween cat. Gaze back at your thighs and press your bottom-most ribs towards the top of your pelvis to further engage your front-core musculature.

4. Challenge yourself to maintain the shape of cat pose while pushing the ground away with your hands and lifting your knees just one centimetre off the ground — the lower the better. Hold here for five determined breaths.

5. Finish by lowering the knees and using an in-breath to hammock your belly towards the ground while pulling your chin, chest and sitting bones towards the sky. Enjoy the belly stretch.

Use the cat to chase crow and crane. Cat Curls give you many of the benefits of crunches without any of the potential neck strain that can come with inadvertently yanking up on the head with the hands. Cat Curls also improve one's ability to weight-bear on the wrists, they stretch the tops of the feet and ankles and also train the shoulder blades to sit snugly against the back by strengthening an important shoulder-core muscle called serratus anterior.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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RESEARCH

Women prefer narcissistic men

Women are more attracted to men with facial features associated with narcissistic traits. ISTOCK

A joint Polish and Finnish study has found that women are more attracted to dark, brooding men and that this unconscious preference could be related to reproductive success.

The research focused on women's attraction to narcissistic, Machiavellian and psychopathic men by analyzing their attraction to facial features associated with these personality traits.

The team was interested in three traits in particular, known as the "Dark Triad." These are narcissism, characterized by egotism, pride and a lack of empathy; Machiavellianism, likened to a disregard for morality, manipulation of others and self-interest; and psychopathy, characterized by callousness, remorselessness, impulsiveness and antisocial behavior.

The researchers asked 2,370 adult women to look at photos of two men's faces side by side, with one face having more or less of these three key features than the other. They were then asked to pick which of the faces they found most attractive.

The results showed that most of the participants were attracted to men with strong features associated with psychopathy, Machiavellianism and narcissism, while a smaller minority was not.

Looking the women's personal lives, they linked a preference for narcissistic men to reproductive success, as women attracted to narcissistic men's faces gave birth to more children. AFP

HEALTH BRIEFS

It's how you cope with stress that impacts health

It is your reaction to stress — not how often you're stressed — that is more important to heart health, says a new U.S. study.

Researchers from Penn State University and Columbia University looked at the effect of daily stress on heart rate variability — the variation in intervals between heartbeats, which is linked to cardiovascular disease. "People with lower heart rate variability have a greater risk of cardiovascular disease," says researcher Nancy L. Sin of Penn State.

The team collected data from 909 participants aged 35 to 85. From these reports, they saw it wasn't necessarily those who reported a high number of stressful events in their lifetimes that had the lower heart rate variability. It was those who perceived events as being stressful — no matter how many experienced — who had more negative emotions and showed a lower heart rate variability. "These results tell us that a person's perceptions and emotional reactions to stressful events are more important than exposure to stress per se," says Sin. AFP

Phage therapy harnesses viruses called phages to attack and kill dangerous bacteria, including superbugs which have become progressively resistant to antibiotics. ISTOCK

Doctors are turning some viruses into the good guys

RESEARCH

Old treatment is getting lots of attention as antibiotics fail

When doctors told Christophe Novou that his leg would have to be amputated at the hip due to a raging bacterial infection, the 47-year-old Frenchman thought about killing himself.

After surviving a traffic accident and dozens of operations to repair the damage, to him life in a wheelchair just did not seem worth living.

That's when an article about a clinic in Georgia offering an obscure treatment for hard-to-treat infections using live virus — something called phage therapy — caught his eye. Within hours, he was on a plane to Tblisi.

"Without it, I wouldn't be here," Novou said on the sidelines of a conference in Paris about the mostly forgotten therapy, which remains marginal outside a few former Soviet bloc countries.

The treatment harnesses viruses called phages to attack and kill dangerous bacteria, including "superbugs" which have become progressively resistant to antibiotics. In Novou's case, it was Staphylococcus, a common bacteria which can cause anything from a simple boil to horrible flesh-eating infections.

Mostly ignored up to now by mainstream medicine, the alternative treatment has started to gain adherents over the last 15 years, especially in France, Belgium and the United States.

The renewed interest is partly driven by a problem which the World Health Organization (WHO) recently described as a "global health crisis": the dramatic rise of antibiotic-resistant strains of deadly pathogens.

NO MONEY
Phage therapy supporters say pharmaceutical companies have shown little interest because viruses cannot be patented

"Phage therapy is especially effective for infections that affect bones and articulation, but can also be used for urinary, pulmonary and eye infections," said Alain Dublanchet, a doctor at the forefront of the movement to resurrect the treatment in France. Dublanchet, now retired, claims to have cured at least 15 patients of infections they contracted.

Treatment usually lasts a few weeks, and is generally far less expensive than last-resort antibiotics.

Pharmaceutical companies have shown little interest in phage therapy, in large part because viruses cannot be patented, according to participants at the Paris conference.

"The laboratories have turned their back on this because the return on investment is just too small," said Jean Carlet, an expert on infectious diseases and a consultant for the WHO. "It's not a matter of replacing antibiotics with phage therapy," he said. "They should be complementary."

Dublanchet also warned of the possible spread of therapeutic viruses into the environment, saying medical use should be strictly monitored. AFP

STUDY

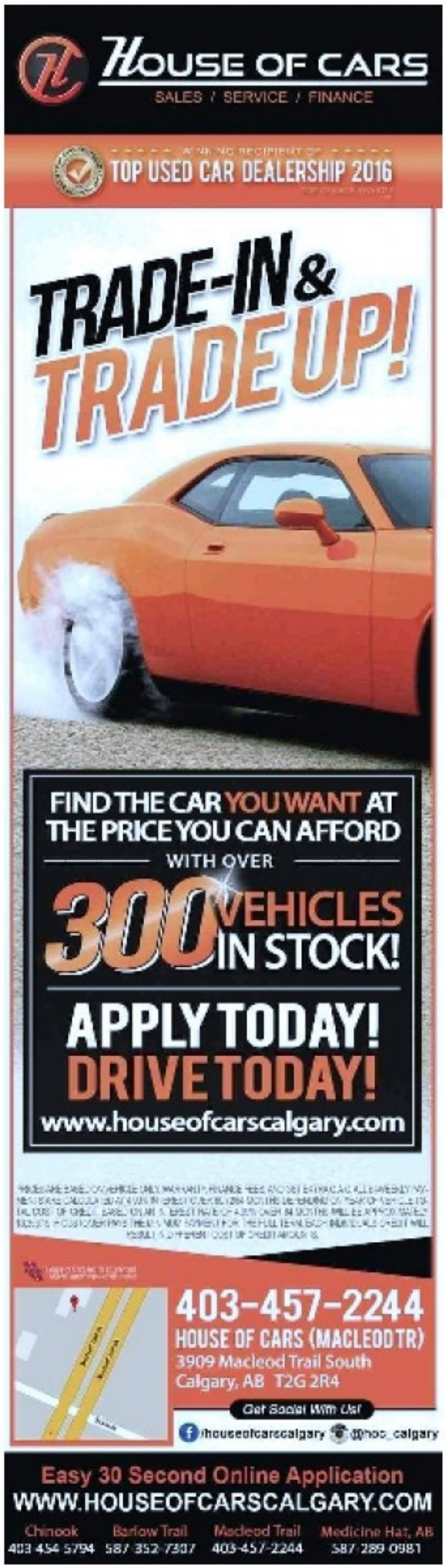
Eating fish during pregnancy has benefits

A new study suggests that pregnant women should continue to eat fish during pregnancy, with negative health effects of low-level exposure to mercury potentially outweighed by the beneficial effects of fish consumption.

Carried out by a team of researchers from Cincinnati Children's Hospital Medical Center and published online in the journal Neurotoxicology and Teratology, the study looked at the effect of the brain and nervous system on behaviour — referred to as neurobehaviour — of 344 five-week old infants, and a possible association with their exposure to mercury during pregnancy.

Researchers also gathered information from the mothers on how much fish they consumed during pregnancy, and estimated their polyunsaturated fatty acid intake — beneficial fats found in fish — based on type and amount of fish consumed.

From the data collected the researchers found that although 84 per cent of mothers reported eating fish during pregnancy, in general participants had a low fish consumption and therefore low exposure to mercury, only consuming around two ounces of fish on average per week. However when looking at the children whose mothers had eaten more fish, therefore exposing children to a higher level of mercury, although these children did show unequal reflexes, they also showed better attention and needed less special handling than those exposed to lower levels of mercury. Commenting on the findings, senior author Kim Yolton emphasized, "The better neurobehavioural performance observed in infants with higher mercury biomarkers should not be interpreted as a beneficial effect of mercury exposure, which is clearly neurotoxic. It likely reflects the benefits of polyunsaturated fatty acid intake that also comes from fish and has been shown to benefit attention, memory, and other areas of development in children." AFP



Last Week Tonight host skewers Trump

POLITICS

Oliver asks America to make Donald Drumpf again

Last Week Tonight host John Oliver finally rounded his vast sarcastic arsenal on Republican presidential nominee frontrunner Donald Trump on Sunday.

Conceding that he had "mostly ignored" Trump in the election campaign so far, Oliver proceeded to skewer the U.S. presidential hopeful.

"At this point, Donald Trump is America's back mole," Oliver began.

"It may have seemed harmless a year ago but now that it's gotten frighteningly bigger, it's no longer wise to ignore it."

HBO is even selling ball caps online. HANDOUT

Tackling the problem that the Trump brand name sounds rich and successful, Oliver referenced Gwenda Blair's book The Trumps: Three Generations That Built An Empire, which mentions that his ancestors' surname was actually "Drumpf," a much more mundane surname.

Oliver said the name "Drumpf" better reflects who he actually is — "A litigious serial liar with a string of broken business ventures."

Within hours, the hashtag #MakeDonaldDrumpfAgain was trending across the globe.

HBO, who broadcast Last Week Tonight, began selling caps on their website, in the same colour and style of Trump's hats bearing his campaign slogan "Make America Great Again."

Oliver's team created a website, donaldjdrumpf.com, where you can download a Chrome extension to change the name Trump to Drumpf in your web browser.

John Oliver butchered Donald Trump's Republican presidential nominee campaign on Sunday's show. HANDOUT

Before he turned to outright ridicule, Oliver targeted the specifics of Trump's appeal. He criticized the businessman for claiming to fund his own campaign, then accepting millions of dollars in donations.

He disputed Trump's net worth and business acumen, citing his decision to start a mortgage company shortly before the 2008 housing bubble collapse.

Turning to comments made by Trump's son, Donald Trump Jr., Oliver suggested the campaign's real slogan should be "Trump 2016: I don't know if it brings stability or viability, but I imagine certain people feel that."

Oliver urged Americans to "stop thinking of the mascot" and "start thinking of the man," and conceded that whatever your opinion of Ted Cruz and Marco Rubio, they have policies and positions on political issues that do not change with the tides. TORSTAR NEWS SERVICE

Alison Pill embraces a darker side in The Family

NEW SERIES

Toronto-born actor plays an unscrupulous daughter

When it comes to actresses who are universally liked, Alison Pill certainly fits the bill.

The Newsroom and Scott Pilgrim vs. the World star is known for her quirky, girl-next-door roles, having amassed a small cult following thanks to her charm, ability to throw down with the guys and embrace varied roles. But when viewers see her next, on ABC's serialized crime drama The Family, they'll experience a whole new side of the Toronto native.

The series revolves around a small family whose world is shaken to the core when their missing and presumed dead son returns a decade later, just as the family matriarch (Joan Allen) readies to announce her bid for governor. Pill plays Willa, the clan's only daughter, a deeply religious character who works with her mother and isn't always what she seems to be on the surface.

Willa Warren is unafraid to say harsh things for the greater good or do whatever is necessary to keep her family together. In the pilot, we learn she may have had something to do as a child with sending another man to jail for crimes her brother committed, but that's just the beginning of the political manoeuvring we see in her adult years.

Those character traits are exactly what drew Pill back to TV instead of film following HBO's The Newsroom.

"It's just such a typically female trait to want to be universally liked. I fall into that trap too, trying to be all things to all people," she says. "Willa is like that as well; she's really driven and ambitious and willing to make personal sacrifices for the good of what she sees for her family. Willa is manipulative and I'm sure some people will hate her, but the things that drive her are good things. I just love how full a person she is and is allowed to be."

Willa is manipulative and I'm sure some people will hate her, but the things that drive her are good things.
Alison Pill, actor

In ABC's The Family, Pill plays Willa Warren, a deeply religious character faithful to her family but few others. HANDOUT

Coming off The Newsroom, Pill is familiar with criticisms around how female characters are written on television. Critics came hard at Newsroom creator Aaron Sorkin, claiming the women on his show were some of the most unrealistic, always having breakdowns and falling back on their male counterparts. Pill has a different take on that narrative and says being on the show has opened plenty of doors for her career.

"There's this Sorkin archetype that sort of defies gender in that we're all kind of playing him in many ways," she explains. "A lot of the dialogue is genderless. It was fun to be part of this piece of clay once a week. I'd done two TV shows before The Newsroom, but that show just hit a certain vein that people really liked and will go on liking because of the way we watch TV now.

"People are still discovering it, which is cool and exciting; it opened up doors."

One revolving door the 30-year-old seems keen to walk back through is on the big screen with fellow Canadian Jay Baruchel and the upcoming Goon sequel. Reprising the role of Eva for Last of the Enforcers wasn't just a reunion of sorts for the actress, but a chance to be a part of Baruchel's directorial debut.

"Working with Jay as a director was so exciting and awesome, and it was so lovely to see Seann William Scott again and to just get the gang back together," she says. "This one will be bigger, more operatic; it's going to be so rad. Everybody's older, but Jesse Chabot and Jay have written a wonderful script that has the same amount of heart and humour as the first one. Except it's a little bigger and gutsier and with hopefully some more big hits."

TORSTAR NEWS SERVICE

The Family debuts Wednesday, March 2 at 8 p.m. ET on CTV and moves to its regular Sunday 9 p.m. ET slot beginning March 6.

STAR GAZING

Where you've seen Alison Pill:

The Newsroom (2012-14)
On the Aaron Sorkin HBO drama, Pill won hearts as the slightly assuming but aspiration-filled Maggie Jordan. While most of her story lines revolved around a crazy love life and an eventual breakdown involving an awful haircut, audiences cheered for her whenever she finally got a win.

The Pillars of the Earth (2010)
As Maud, the daughter of a deceased king in this miniseries, Pill embraced royalty and strength with motherhood, all while being known to extort a monk or two to get what she needed. Plus she threw some classic temper tantrums, which were some of the best scenes for the character in our books.

In Treatment (2009)
A renowned if underrated series that explored those who sat in a psychiatrist's chair, this HBO offering featured a revolving cast of excellent characters. Pill's April was deeply flawed and emotional, as she worked toward finding empathy for her autistic brother and inner peace for herself.

Scott Pilgrim vs. the World (2010)
Pill's turn as Kim Pine in the cult classic is one of a kind thanks to her character rarely blinking or breaking eye contact. More impressive is the fact she not only sings on the film's soundtrack but learned how to play drums for the role as well.

Midnight in Paris (2011)
With her big hair and bright eyes, Zelda Fitzgerald was one of the more memorable characters in the Woody Allen film. Pill's work stood on its own merits, but her pairing with Tom Hiddleston as onscreen husband F. Scott Fitzgerald truly set this couple apart.

TORSTAR NEWS SERIVCE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Chris Rock interviews moviegoers in Compton, asking if they've heard of any of the Oscar nominated films. THE ASSOCIATED PRESS

The wakeup call Hollywood needs

THE SHOW: The Academy Awards (CTV/ABC)
THE MOMENT: The Compton Cinema

Oscar host Chris Rock has taken a camera crew to a theatre in Compton. He's asking moviegoers if they've seen the nominated films. "Spotlight? Room? How about The Bridge of Spies?" he asks one woman, who keeps shaking her head no.

"You're making these movies up," she says, giggling.

"No, they're real," Rock says.

"In London?" the woman asks.

And bam, all the white folks in Hollywood saw it: If you don't care about an audience, they don't care about you.

Perhaps sensing this, the Hollywood establishment stayed away from Sunday night's show. Presenters did not include Meryl Streep, Warren Beatty, George Clooney, Ben Affleck, or Julia Roberts. Nor did we see Denzel Washington, Viola Davis, Jennifer Lopez, Rosario Dawson, Don Cheadle, Chiwetel Ejiofor or Eva Mendes. It might not have been an official boycott, but it felt like an evasion.

Instead, we got lots of presenters of colour — mainly from television, which is also Hollywood, but far more diverse: Priyanka Chopra, Abraham Attah, Dev Patel, Sophia Vergara, Kerry Washington.

Rock kept the pressure on all evening, with a montage in which actors of colour popped up in the nominated films. ("I'm the Danish Girl!" Tracy Morgan trilled hilariously, holding a danish.)

Rock's stealthiest, most subversive move, however, was this: He sent into the audience a multi-racial group of Girl Scouts. I'm not sure everyone got his message — there is nothing more American than a Girl Scout. This is what America looks like. But I bet the folks in Compton did.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Canadian Oscar winner eyes change in Pakistan

ACADEMY AWARDS

Dual citizen filmmaker brings honour killings to light

On Sunday, Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy won an Oscar for her short documentary on honour killings. THE ASSOCIATED PRESS

Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy is revelling in her Oscar win, but it's the prospect of real change in Pakistan that has her beaming.

The 37-year-old claimed an Academy Award on Sunday for her short documentary on honour killings in Pakistan, A Girl in the River: The Price of Forgiveness.

The film examines the case of an 18-year-old girl who survived a brutal attack by her father and uncle who disapproved of her husband. Obaid-Chinoy says she's heartened by reports that two people in Pakistan were sentenced Monday morning for an honour killing, an indication there might be a crackdown on the brutal tradition.

"For me, the biggest win is the fact that the issue I'm trying to highlight has gotten such a tremendous response, and it will continue to," Obaid-Chinoy said Monday morning from Los Angeles.

"This morning in Pakistan they sentenced two people ... for an honour killing, so it's already having some sort of reverberations. What more can a filmmaker ask for?"

Obaid-Chinoy says she celebrated her Oscar win at an after-party alongside Leonardo DiCaprio and Ben Affleck, and chatted with Mad Max star Charlize Theron and Facebook chief operating officer Sheryl Sandberg.

But she's also drawn attention from world leaders, with Prime Minister Justin Trudeau tweeting his congratulations Monday and Pakistan's Prime Minister Muhammad Nawaz Sharif declaring in a statement that "there is no place for killing in the name of honour in Islam."

He said his government is in the process of developing legislation to stop the practice.

"Women like Ms. Sharmeen Obaid-Chinoy are not only a pride for the Pakistani nation but are also a significant source of contribution toward the march of civilization the world over," Sharif said.

Rights groups estimate that about 1,000 Pakistani women are killed every year for "bringing shame" to their families.

The killers are rarely prosecuted, because Pakistani law allows suspects to avoid punishment if they are forgiven by the family of their victims, a provision based in Islamic law.

A Girl in the River is the latest in a series of socially charged investigative films from Obaid-Chinoy's Karachi-based film company SOC Film. She also won an Oscar in 2012 for the documentary short Saving Face, about acid attacks.

Obaid-Chinoy, a dual citizen who lived in Toronto from 2004 to 2015 and now lives in Pakistan, says Canada has had a big influence on her work.

"I have always admired Canada's long standing human rights and recently how Canada has handled bringing in the refugees and the resettlement process," she says.

A Girl in the River: The Price of Forgiveness is set to air on HBO Canada on March 7.

THE CANADIAN PRESS

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Working in leadership positions within the health and human services sectors is complex and dynamic; to excel you must be prepared.

Surprisingly, in these sectors, people can be promoted to managerial or leadership positions having little or no preparation for running an organization.

"Yet, these leaders must have skills to effectively advocate for clients and communities; to supervise, support, and lead their teams in challenging times and tough situations; to tenaciously raise funds and secure grants; to design programs that meet community need; to master marketing and social media; to understand research and evaluation for the betterment of services and supports; and all the while be accountable to the bottom line," says Sandra Logan, coordinator, health and human services management, School of Community Studies and Creative Technologies at Bow Valley College.

CONTRIBUTED

"We (BVC) have created a qualification for those who have already achieved a diploma or degree in a health or human services discipline, but seek to perfect their business and leadership skills."

The health and human services management graduate certificate is for those who want to grow their capacity and become competent and professional leaders in their field.

It is for those who work in, or want to work in, private, non-profit, or governmental agencies in leadership positions.

The health and human services management graduate certificate combines health and human services sector knowledge with business skills, providing learners with advanced health and human services courses as well as business courses to prepare them for work in management positions in the health and human services field.

This program is unique because it is the first post-diploma certificate of its kind in Alberta.

"In the School of Community Studies and Creative Technologies at Bow Valley College we wanted to offer learners opportunities that they cannot find elsewhere," says Logan.

"This credential is also unique in that we are combining courses and instruction from three schools at Bow Valley College."

Graduates of this program will be ready to work as leaders in their field. BVC offers flexible delivery, both face-to-face and online. This program begins in the fall semester, which starts August 30, 2016. For more information about this graduate certificate, visit bowvalleycollege.ca/humanservices

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IT field continues to boom

After losing his job at Target when the chain shut down their Canadian stores, Bataduwe Santhamanasa (Santha) was looking to better his future and pursue a career in the field of IT.

He had noticed huge growth in network administrator job openings over the past few years and decided on the network administration diploma at Academy of Learning Career College.

"There's no career field hotter than information technology," says Santha, a 2015 graduate. "With huge advances in technology over the past few decades, companies need professionals who can help keep their computer networks working and improve them with the times."

After moving to Canada from Sri Lanka in 2006, Santha always knew he would like to pursue a career in this field but could not find a school that was a right fit, until he found Academy of Learning.

CONTRIBUTED

Santha decided to enroll at Academy of Learning because of the friendly staff and well trained instructors, advanced computer lab and the student assistance services during the program and after graduation.

"They always guided me from beginning to end along my path to achieve my goal," says Santha, who completed the program with an A+. The network administration program is highly recommended to anyone who has a passion of technology, is able to accept challenge of everyday tasks, and offers great chances for advancement and ability to develop real-world skills — all in less than a year."

For more information about this program, visit academyoflearning.ab.ca.

ISTOCK

Heighten awareness of leadership complexities

The leadership and sense-making modular course offered through Ambrose University will teach students the skill of sense-making and heighten awareness of the complexity factor in leadership.

"If the first responsibility for any leader is to define current reality then making sense of your leadership setting is an essential skill if you are to lead with clearer direction, alignment, and commitment," says Terry Young, PhD and associate professor of pastoral theology at Ambrose University.

"This course will equip you to use the "lenses of the leader" to deepen your insight into what is really going on in your leadership context."

The leadership and sense-making course is part of the master of arts program in leadership.

Students will take away a workable template for diagnosing and understanding the complexity of their respective context of leadership.

This course is intended for any person in organizational leadership or supervision who is often scratching their head with the question, What is really going on here?

Young says students in this modular course will never look at their church, organization, or work team the same way after they've learned to put on these lenses.

"Your own personal leadership context, sacred text, and secular text case studies will serve as the core teaching tools for this course," says Young.

This is a week-long module beginning Tuesday, May 24 to Saturday, May 28.

For more information about this modular course and the prerequisites required, contact the registrar's office or visit ambrose.edu.

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Health-care aids in high demand

The demand for trained health-care aides (HCA) continues to grow and the HCA program at ABM College is hoping to help meet this industry demand.

"There is a growing demand for HCA's as the scope of practice for both LPN's and RN's advance to higher levels and the baby boomers are aging, which is driving up the demand for HCA's in the field, whether it is in a facility setting or care at home," says Karen Whalen, LPN, and instructor HCA program at ABM College.

The HCA program is five months, designed to allow for a work/school/life balance with full-time, part-time and weekend programs available.

The program also includes a five-week practicum component.

"Then they are back to school after to partake in several advanced certificate courses, which will ensure our students are some of the most well prepared for the job market," says Whalen.

Through the experience gained through the practicums and the help of ABM's career services, most students are able to secure jobs after completing the program.

New classes are starting on March 14th, and it is not too late to get a seat for this intake.

"ABM has a lot to offer students, including experienced instructors — both in class and in the field as practicum instructors, a fully equipped laboratory, extra certificate programs and so much more," says Whalen.

For more information about the HCA program at ABM College, visit abmcollege.com.

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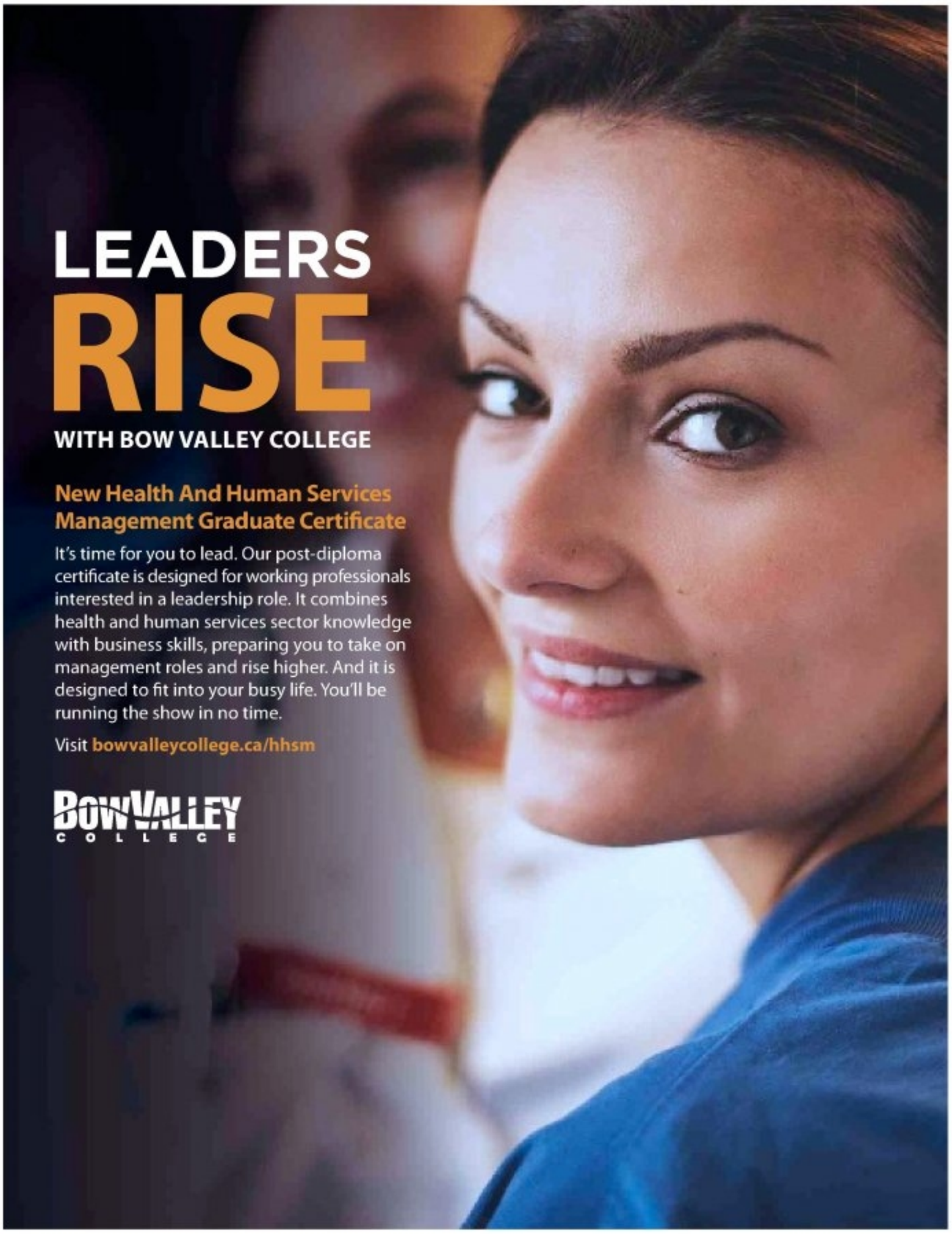

Transition to university made easier

The transition from high school to university can be a shocking one, but through the pathways program at St. Mary's University, it doesn't have to be.

"This program provides opportunities for students to begin university better prepared and have more confidence that they can be successful," says Bob Hann, vice president of student services at St. Mary's University.

"It will lessen the fear of university and will provide for a more satisfactory transition to university study."

This program has been designed for students to learn practical skills that will help them achieve their potential in their university programs of choice.

The pathways program has three key elements and student can take as much as they need to prepare for university study.

First there are the high school equivalency courses, designed for students who may be missing high school math or English courses required for admission.

New for 2016-17, St. Mary's will be offering math 030 and English 030, which can be used in lieu of English 30-1 and math 30-1 to meet university admission requirements.

The two courses will be offered from July 25 to Aug. 26, 2016.

The second element is the 30-hour (one week) Academic Writing Institute, designed for students who are admitted to university but feel a need to get extra practice or build confidence in university-level writing.

The Academic Writing Institute will run from Aug. 29 to Sept. 2, 2016.

Therefore, students can enroll in a high-school equivalency course and proceed directly to the Academic Writing Institute.

Once the fall semester begins on Sept. 6, students can voluntarily participate in a series of seminars designed to supplement and enhance their coursework.

The academic success series has a total of 15 one-hour seminars taught by experts in specific areas like note-taking, study skills, citation methods, research, and more.

If a student completes a total of eight, they are eligible to receive the academic success certificate.

For more information call , 403-254-3700, email advising@stmu.ca, or visit stmu.ab.ca.

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More doors open for pharmacy technicians

From assisting in dispensing prescription drugs, managing inventory and customer care, pharmacy technicians and pharmacy assistants play an important role in the delivery of quality health care in Canada.

The pharmacy technician and pharmacy assistant programs at Robertson College are designed for individuals interested in having a career in a community or an institutional pharmacy.

Robertson's pharmacy technician program is a Canadian Council for Accreditation of Pharmacy Programs (CCAPP) accredited program that students can graduate from in 40 weeks.

The pharmacy technician is now a regulated profession in the province of Alberta.

"Pharmacy technician regulation is fairly new to the province of Alberta, and as a result, technicians now have more scope of practice," says Karthika Ravichandran, R. PhT, education manager, Robertson College, Calgary campus.

"So, this is an exciting time to start in this field."

Graduates from a CCAPP accredited program are eligible to take board exams and register with the Alberta College of Pharmacists to practice as pharmacy technicians.

For those individuals who are still interested in working in a pharmacy, but do not wish to go through the tech regulation process, Robertson's pharmacy assistant program prepares graduates to work in any pharmacy in 20 weeks.

"Once graduated from our pharmacy assistant program, no further permit requirement is necessary to start working in a pharmacy," says Ravichandran.

Both programs are taught by instructors who are currently practicing in the field so students are sure to receive the most up-to-date information in the industry.

Once students have completed their chosen program, Robertson College's Career Services department can assist in helping to find employment in their field.

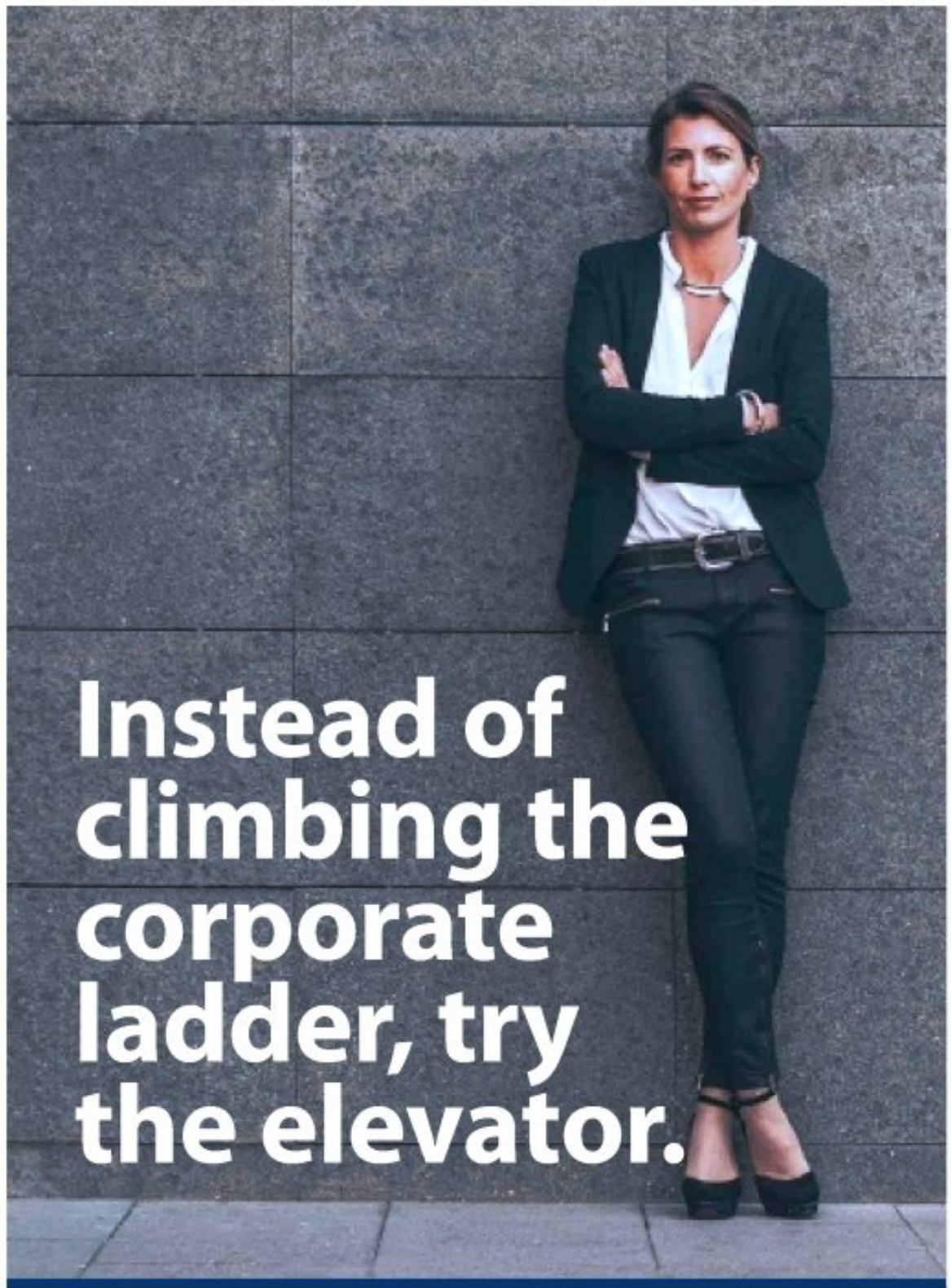
"We are contacted regularly by employers looking to hire our graduates," says Ravichandran.

"The industry demand is high for qualified technicians and assistants."

Graduates of these programs have been hired by the AHS, pharmacy chains (Shoppers Drug Mart, Loblaws, London Drugs, Sobeys, etc.) and independent pharmacies.

The next start dates for both programs takes place in May, with registration now open.

For more information about either the pharmacy technician program or the pharmacy assistant program, visit robertsoncollege.com/campuses/Calgary.



Continuing education at Bow Valley College

Our Continuing Education Certificates at the Chiu School of Business help you to advance your professional development. With flexible learning options that let you fit courses into your busy life, you can become indispensable in your career. Visit **bowvalleycollege.ca/conted** for details.

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Make a difference while you work

The nonprofit management extension certificate offered through Mount Royal University Faculty of Continuing Education has been designed for those who are passionate about making great things happen all over the world through the nonprofit sector.

"Since the nonprofit sector is entirely focused on making a community or country a better place, it attracts people with big and caring hearts," says Judy McMillan-Evans, M.Ed., instructor for three of the nonprofit management courses.

"All nonprofit organizations exist to make positive changes happen and therefore the people who are attached to the sector are people with shared values. When a group of people are driven to make the world a better place, it is amazing what can be accomplished."

This program is designed to support the knowledge and skills of those who work or volunteer in the nonprofit sector, as well as those with aspiration of engaging in the nonprofit sector.

This management program covers a wide array of topics relevant to being a nonprofit manager or leader.

"The student will learn about managing and leading a nonprofit or a department of a nonprofit, and the students learn a great deal from each other as the diversity of organizations represented by the students is very exciting," says McMillan-Evans.

Students from across Canada enroll in the MRU nonprofit management program.

"When asked why they have selected MRU, they tell us that they find this program to be the most in-depth, flexible and focused on their learning needs," says McMillan-Evans.

This certificate is made up of eight required courses, plus two optional courses and can be completed within one year, or up to three years.

For more information, visit conted.mtroyal.ca/nonprofit.

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Putting the fun in business

Business drives much of what we do every day from working and shopping to recreation and health.

"When a business is a success, it is often due to the real, everyday magic that takes place 'behind the curtain' through business administration," says Glenn Suart, instructor of the business administration extension certificate at MRU. "Far from dull, business administration is often exciting and fun — if you truly understand it."

The business administration extension certificate at Mount Royal University through the Faculty of Continuing Education covers all the basics of everything under business administration.

This includes areas like business analysis, supply chain management, project management, business process management, marketing and communications, public relations, human resource management, organizational learning/development/training, organizational effectiveness, change management, strategic planning and the dreaded but fun financial accounting.

"We use lots of real-life examples to bring the points home. For example, how Walmart used supply chain management to dominate retail and how Target botched their entry into Canada through ineffective supply chain management, project management and public relations," says Suart.

Designed for anyone who wants to know more about specific elements of business administration and how to do it better, the knowledge learned in this program is applicable right now in every industry around the world.

"Business is more than just having an idea, it is about taking measured action to achieve goals," says Suart.

All of the courses in this program are taught by knowledgeable instructors with deep, practical experience, who genuinely care about helping students understand and apply the concepts they are learning.

Courses in this program run year round over all three semesters.

For more information about this certificate, visit conted.mtroyal.ca/busadmin.

ABES graduates sought after for jobs

With a background in management, and, after spending 14 years running her own business, Kara Dyer was looking for a fresh start.

She found that fresh start when she decided to enroll in the unit clerk/medical office assistant program at ABES (Alberta Business and Educational Services).

"I absolutely loved being a student at ABES," says Dyer. "My instructors were not only knowledgeable with the course material but infused the learning experience with their passion and encouragement."

The 26-week unit clerk and medical office assistant course is designed to give students the theoretical knowledge and real-world practical skills needed to assist patients and personnel at any type of medical establishment.

The program also includes a practicum in both a hospital and medical office, so students can experience both work environments and choose their preferred area for employment.

Most students are offered a job out of both practicums.

Through her studies at ABES, Dyer was able to gain two certifications and is now working full time in a cardiac rehabilitation office in Calgary, where she was hired right after practicum.

She is happy to be employed and loves working with people, especially the patients.

She credits her new start to the education she received at ABES.

"The program co-ordinators were helpful and understanding," says Dyer.

"Right from the first time I walked through the door and met the staff, through to the admission process all the way to graduation, I felt supported and encouraged."

Thanks to the close work with relevant partners in developing ABES programs, graduates have an employment rate above 95 per cent, so chances are good you will find a unit clerk or medical office assistant position very quickly.

CONTRIBUTED

"Due to our strategy of developing programs with the cooperation and input of relevant partners, such as Alberta Health Services (AHS), the health care industry knows that ABES' programs best prepare students for employment," says Julie Wright, campus coordinator at ABES.

AHS provides ABES with many resources, including a training environment for Sunrise Clinical Management (SCM), a software program used by all patient care units in Calgary hospitals.

For more information about this program, or ABES, visit abes.ca

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The AutoCAD one-month certificate offered at Bow Valley College is designed for learners who quickly want to upgrade their skills and are interested in or are currently working in computer-aided drafting (CAD) and design.

"Considering that AutoCAD is one of the more versatile and most commonly used tools for computer-aided design (CAD) and drafting, this AutoCAD one-month certificate is a comprehensive, hands-on instruction over a four week period covering all levels of AutoCAD 2D and 3D," says Natascha Doiron, program co-ordinator, Continuing Education, Chiu School of Business.

AutoCAD is also prevalent in high-tech engineering careers where they have seen a significant increase in users over the past years; specifically with mechanical engineers, electrical engineers, and 3D modeling.

"Our previous learners include those that have had no experience in CAD to those that who were experienced and required updated skills such as university students, CAD operators, AutoCAD Administrators, cabinet makers, interior designers, and even hobbyists," says Doiron.

Throughout this course, students will develop numerous tools and methods for producing, viewing and editing two and three-dimensional drawings giving them proficient skills in AutoCAD.

"You will start with learning the basics, advance quickly to producing more complex 2D drawings and will finish this comprehensive certificate creating 3D models," says Doiron.

"Our instructors have many years of experience teaching both novice users and seasoned professionals."

The learner will be able to apply this knowledge to different applications regardless of the industry.

"Improving or expanding a person's skill set is important in any economy," says Doiron.

"If you can differentiate yourself and build your skill levels, certifications are good way to do this."

BVC has two offerings of this course this spring; starting May 2 and the second starting on June 1.

The course takes place Monday to Friday from 8 a.m. until 3 p.m. each day for the course of one month.

For more information about the one month AutoCAD certificate at BVC, visit bowvalleycollege.ca/conted

metro SPORTS

"No pain, no problem at all": Rangers ace Yu Darvish after throwing from a full-sized mound for the first time since elbow surgery

Flames unload Russell

NHL

Conditional draft pick among assets gained in swap

It's been a disappointing season in Calgary but it was a productive trade deadline as the Flames look towards the future.

After moving Jiri Hudler for second- and fourth-round picks on Saturday, Calgary general manager Brad Treliving traded defenceman Kris Russell to the Dallas Stars and right-winger David Jones to the Minnesota Wild for more assets.

In exchange for Russell, the Flames get defenceman Jyrki Jokipakka, forward Brett Pollock and a conditional 2016 second-round draft pick. It becomes a first-round pick if Dallas reaches the Western Conference final and Russell plays 50 per cent of the games in the first two rounds.

HOMECOMING
The Flames acquired Russell, a Caroline native, in a July 2013 trade with St. Louis.

For Jones, Calgary picks up a sixth-round draft pick in 2016 and goaltender Niklas Backstrom. He hasn't played a game all season due to injury, though Treliving suggested he would get into some games for the Flames. He becomes an unrestricted free agent this summer.

"We like the players we got. We like the picks that we got," said Treliving. "Now going into the draft, having those four picks in the first two rounds — we're going to cheer like crazy for the Dallas Stars, having that one potentially turn into a first-round pick — that gives us some bullets."

The 28-year-old Russell, who becomes an unrestricted free agent this summer, has four goals and 11 assists in 51 games this season.

"Kris is ultra-competitive and a solid two-way defenceman," said Stars general manager Jim Nill. "He will bring a steadying presence to our blue-line and we feel he will help us improve in several areas."

The agreement reached about an hour before the trade deadline Monday is an effort by the Stars to improve a defence that has been spotty as Dallas lost its grip on the Western Conference lead the past two months. The Stars are one point back of Chicago for the lead in the Central Division.

Russell has been a prolific shot-blocker the past three seasons for the Flames, with 174 in 51 games this season after an NHL-record 283 in 2014-15.

"Nobody laid it on the line as much as Kris Russell did for us," said Treliving. "This is a special guy. Dallas is getting a real warrior and we want to thank him for everything he did for us."

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

It is a building block, and it's something that I'm grateful for.
Kris Russell on his tenure in Calgary

DEREK LEUNG/ GETTY IMAGES

Schenn catches fire vs. Flames

Brayden Schenn had his first career hat trick, scoring all three goals in the first two periods and leading the Philadelphia Flyers past the Calgary Flames 5-3 Monday night.

Claude Giroux had four assists and Wayne Simmonds scored twice for the Flyers.

MONDAY in Philly

5	3
FLYERS	FLAMES

The Flyers have won three straight and four of five as they remain in the thick of the Eastern Conference playoff race. The Flyers held on after nearly wasting a 4-1 lead and remained three points behind the Pittsburgh Penguins, who blanked the Arizona Coyotes 6-0 Monday, for the final wild-card spot in the East.

Sean Monahan, Micheal Ferland and Michael Frolik scored for Calgary.

Michael Neuvirth stopped 26 shots and won his 16th game of the season.

THE ASSOCIATED PRESS

Brayden Schenn posted his first career hat trick Monday.
PATRICK SMITH/GETTY IMAGES

Deadline day a dud as major trades occur in advance

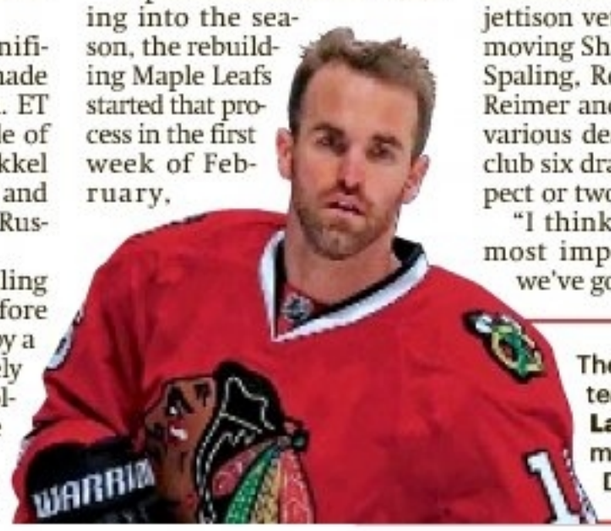
Canadian teams were the driving force behind one of the quietest trade deadlines in recent memory.

Only a handful of significant transactions were made ahead of Monday's 3 p.m. ET deadline, the most notable of which saw 26-year-old Mikkel Boedker sent to Colorado and Calgary defenceman Kris Russell dealt to Dallas.

Most of the major dealing was done in the days before the deadline, highlighted by a class of Canadian teams likely to miss the post-season collectively for the first time since 1970.

Canadian clubs all sent various expiring contracts and aging players out for future assets.

A predictable seller coming into the season, the rebuilding Maple Leafs started that process in the first week of February,



The Chicago Blackhawks proved the most active team before the deadline, adding forwards **Andrew Ladd**, Dale Weise and Tomas Fleischmann, defenceman Christian Ehrhoff and minor-league goaltender Drew MacIntyre. JONATHAN DANIEL/GETTY IMAGES

dealing captain Dion Phaneuf to Ottawa in a nine-player blockbuster. They continued to jettison veteran roster pieces, moving Shawn Matthias, Nick Spaling, Roman Polak, James Reimer and Daniel Winnik in various deals that netted the club six draft picks and a prospect or two.

"I think the picks are the most important thing that we've gotten in these transactions," Leafs general manager Lou Lamoriello said after the first of two transactions with San Jose, which sent Spaling and Polak to the Sharks.

While Toronto planned to sell after signing a number of free agents to short-term contracts last summer, it's fair to suggest that none of the remaining Canadian sellers expected to be in such a position. Three of the five clubs made the playoffs last season (Calgary, Winnipeg and Montreal) and were expected to get back again this year.

Buoyed by an ever-promising group of emerging talent, which included 2015 first overall pick Connor McDavid, the Oilers were hopeful to contend for their first playoff spot since 2006. They have proven a disappointment, though, stuck as the worst team in the Western Conference on deadline day.

Edmonton dealt Teddy Purcell and his expiring contract as well as young goaltender Anders Nilsson and 25-year-old defenceman Justin Schultz, who struggled to find his fit over three-plus seasons in Edmonton.

THE CANADIAN PRESS

ALL IMAGES JONATHAN HAYWARD/THE CANADIAN PRESS

Carey's Alberta goes all the way

Alberta's Chelsea Carey defeated Northern Ontario's Krista McCarville 7-6 on Sunday to win the Canadian women's curling championship.

Carey's Alberta rink — third Amy Nixon, second Jocelyn Peterman and lead Laine Peters — will represent Canada at next month's women's world curling championship in Swift Current, Sask.

They'll also return to next year's Scotties Tournament of Hearts in St. Catharines, Ont., wearing the Maple Leaf as Team Canada. The Canadian Press

Travis is tougher after injury layoff

MLB

Jays' second baseman says mental stamina key to recovery

Devon Travis took the field with his Toronto Blue Jays teammates for a pre-game stretch Monday morning. When he returned to the clubhouse, he was smiling from ear to ear.

Travis didn't play in the late-morning intrasquad game — he won't see any action for at least another month due to off-season shoulder surgery — but just being on the field was enough for him. "I'm finally getting the smile back on my face and that's a good thing," Travis said.

The second baseman missed 100 games with the lingering shoulder injury last year in his rookie season. What started as a sore left collarbone for the 25-year-old after being hit with a blocked liner off the bat of Cleveland's Brandon Moss in May spread to his shoulder and turned into a months-long issue for Travis, who underwent two separate surgeries to repair it.

"Never would've thought that would lead to all this," Travis said. "It's tough, it's so tough. That's the best way to put it — it's just been so tough. But through all of this I learned that you have to be real mentally strong to play this game."

"I got tested often mentally more so than physically. I know the shoulder will eventually get right but the hard part is to mentally continue to stay with it."

His first surgery, in late September, removed a cyst, cleaned up the area and poked around to make sure there wasn't any further damage. The second operation, in November, placed two screws in his shoulder blade.

The timing of his first procedure meant Travis had to watch Toronto's post-season run from his couch in West Palm Beach, Fla. "That was the toughest part of the whole thing — the mental part of thinking what could have been," he said. "The team is having all this success, the city's on fire. I just wanted to be there so badly and be a part of that."

Travis began last season on a hot streak, winning AL rookie of the month honours for April after hitting .325 with six home runs and 19 runs batted in.

THE CANADIAN PRESS

Injured Devon Travis still has a month to wait before he can return to action. GETTY IMAGES

TRAINING

Chris Colabello hit a two-run homer and drove in four runs as the blue team topped the grey 7-1 in the Toronto Blue Jays' intrasquad game Monday.

Colabello drove in the game's first two runs with a double off grey starter J.A. Happ in the first inning. He pitcher Pat McCoy deep in the third. Justin Smoak, Junior Lake and Ryan Goins also drove in runs for the blue team. THE CANADIAN PRESS

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1. 151.48 Acres - 5;1;22;6;NE
2. 2.60 Acres - 0512195;2;2 (Part of 5;1;22;6;NE above)
3. 155.70 Acres - 5;1;21;18;NE
4. 160 Acres - 5;1;21;18;NW
5. 156 Acres - 5;1;21;18;SE
6. 160 Acres - 5;1;21;17;NW
7. 160 Acres - 5;1;21;17;NE
8. 155.70 Acres - 5;1;21;7;NE
9. 128.69 Acres - 5;1;21;7;NW
10. 155.50 Acres - 5;1;21;7;SE
11. 160 Acres - 5;1;21;7;SW
12. 157.79 Acres - 5;2;21;1;SE
13. 148.82 Acres - 5;1;20;31;NE

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on April 18, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary
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RECIPE Curried Pumpkin Soup

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This warm and rich soup with its comforting hug of pumpkin will make it fine for you to wait another month or so for BBQ season.

Ready in
Prep time: 10 minutes
Total time: 40 minutes
Serves 4

Ingredients
- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 can of pumpkin purée (14 oz)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 can of coconut milk (14 oz.)

Directions

1. Warm olive oil in a large pot over medium heat. Add your onions and garlic and cook until they begin to soften. Now add all of the spices. Stir into the mix and let them cook for a few minutes.

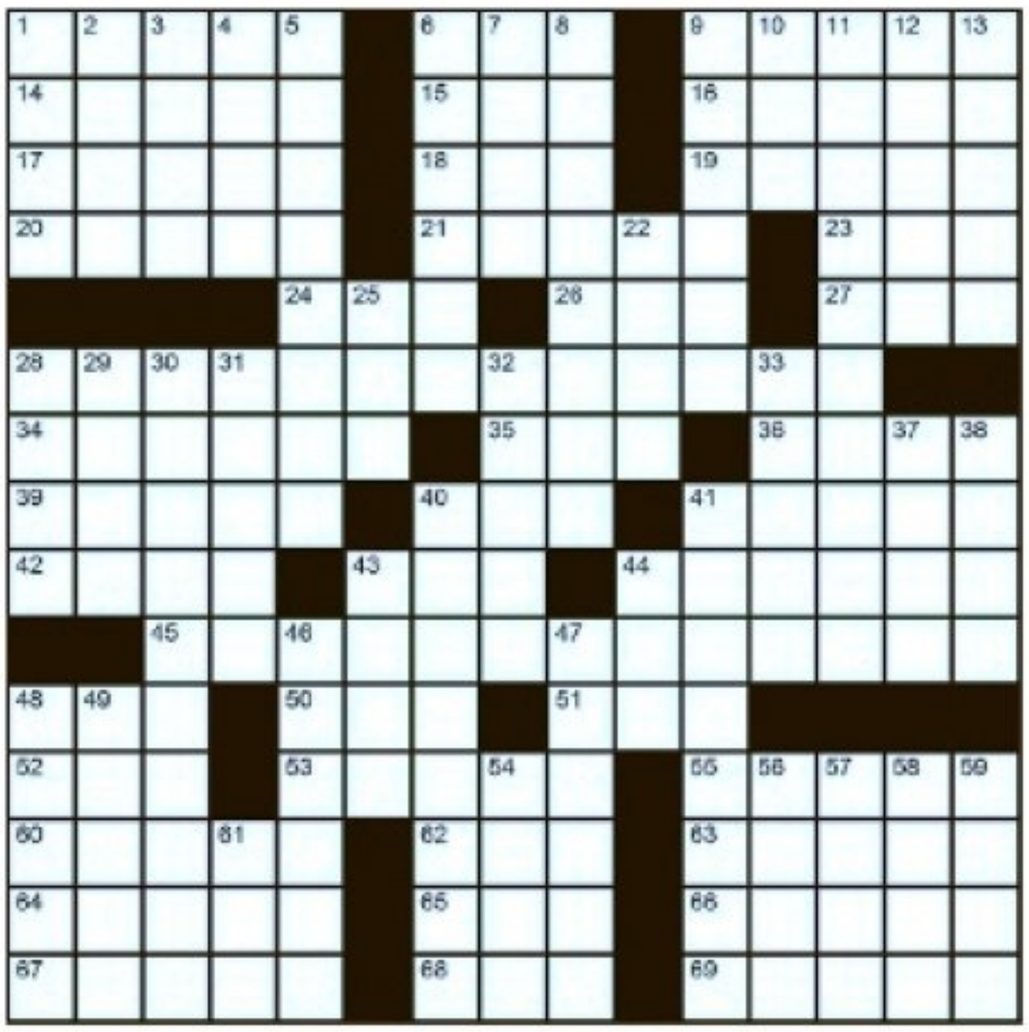
2. Add pumpkin purée to the pot and give it a mix with the onions and spices. Now add the stock, water and coconut milk. Let simmer for about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

3. Turn off the heat and allow the soup to cool a bit before either putting it into the blender in batches to purée or just giving a whiz with a immersion blender. Warm again and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Lily varieties
6. Adobe file ending
9. Jason of "American Pie" (1999)
14. Anger
15. Hugs, greeting card style
16. Pursuit of Happiness' "I'm an __ Now"
17. "Sweet Love" singer Ms. Baker
18. "Voices Carry" by '__ Tuesday
19. Dinner-and-a-movie attendee, perhaps
20. "Nessun Dorma" voice
21. __ socks
23. Flight watchdog org.
24. + [abbr.]
26. Don't share any of it
27. Halt
28. Current flick about a British ski jumper who competed in Calgary's 1988 Winter Olympics: 3 wds.
34. Ms. Wiest of "Footloose" (1984)
35. Strong-__
36. Jackie Kennedy's designer Mr. Cassini
39. __ __ the desert
40. Gone by
41. Deuce-ace
42. Alike
43. Snacked on snacks
44. Shannen's role on the show Tori also starred on
45. Mark Messier, as a Stanley Cup champion in 1994: 3 wds.
48. __-12 Conference
50. Alteration site
51. Many a moon
52. Lanois' U2 co-producer
53. "All joking __..."
55. Incisions
60. Yorick, in Hamlet
62. Nuke
63. Resist the oppressers
64. "__ Coins in the Fountain" (1954)
65. Outback creature
66. Off-white
67. "Melrose Place" star Rob
68. Classified Ad Sales __ (Newspaper job)
69. Photocopy

DOWN
1. Armoured police team letters
2. White-tailed sea bird
3. Acquire
4. Norwegian who explored the Canadian Arctic, __ Sverdrup (b.1854 - d.1930)
5. 'Pointifies' pencils
6. __ Corporation (Saskatchewan fertilizer company)
7. Bump off: 2 wds.
8. Paul Bunyan, for one: 2 wds.
9. Horrible human: 2 wds.
10. Mount __ (Peak of Crete)
11. Instinctive hunch: 2 wds.
12. Collect
13. Prized violin, e.g.
22. Rich earth
25. 'Capri' suffix
28. Old Icelandic literary work
29. Actor Mr. Bogarde
30. Opportunity to state one's case: 3 wds.
31. Ludicrous
32. Gung-ho
33. Oscar-winner Sophia
37. Michael __ (The Neverending Story author)
38. Stuff
40. Mist-making perfume bottle
41. Fascinate
43. Seafaring 'sures'
44. Sibling to sis'
46. Blues and Belugas
47. Don't lose pace: 2 wds.
48. Plague, in Paris
49. Crosses of ancient Egypt
54. Helen Mirren's title
56. Exist
57. Prince __ (Alexander Borodin opera)
58. Via, to a poet
59. Charon's river in ancient Greek mythology
61. Michele of "Knots Landing"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
You've come to the conclusion that there are too many things going on in your life and too many people who have a claim on your time and your energy. Perhaps you should just disappear for a while.

Taurus April 21 - May 21
The changes taking place around you are for the best in the long-term. If anyone tells you that it is all going to fall apart, demand to see the evidence. Chances are it doesn't exist.

Gemini May 22 - June 21
Believe in your own ideas and don't be afraid to stick out your neck and take a risk or two. You're on the right track, and what you are working on is meaningful.

Cancer June 22 - July 23
It will be easy for you to approach people in positions of power now, but you must not waste their time. Your proposal must be thought out because they won't be impressed if there are holes in your ideas.

Leo July 24 - Aug. 23
Ask yourself what you can do to help others. Time spent helping friends and coworkers will not be time wasted and your kind words and good deeds will have a ripple effect.

Virgo Aug. 24 - Sept. 23
You're too close to something you're working on and because of that you can't see its faults. Listen to advice from those who have done it before you. Learn from their mistakes.

Libra Sept. 24 - Oct. 23
It's good of you to think of others and to want to help those in need but you have only so much time and energy at your disposal, so put your own needs first for a change. There is such a thing as compassion fatigue.

Scorpio Oct. 24 - Nov. 22
Let partners make their own decisions and they'll discover just how difficult it is being in your position. They may, of course, cope well and decide they don't need you any more, but that's unlikely.

Sagittarius Nov. 23 - Dec. 21
Make new friends. Someone you meet will open your mind to new possibilities but don't let it open so far that you lose touch with reality!

Capricorn Dec. 22 - Jan. 20
If you want something enough you will get it. Money matters are under excellent stars at the moment, so consider taking a risk, even if everyone around you is telling you to stick with what you know and trust.

Aquarius Jan. 21 - Feb. 19
The closer you work with others over the next few days the more likely it is you will share in something that brings benefits to everyone. By pooling your efforts you will each enjoy bigger rewards.

Pisces Feb. 20 - March 20
Find yourself a place where you can be alone with your thoughts. The more you contemplate the meaning of life the more life will mean to you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		2	4					
	4			8				1
	6			1				5
	8				5			9
3								8
6			9				7	
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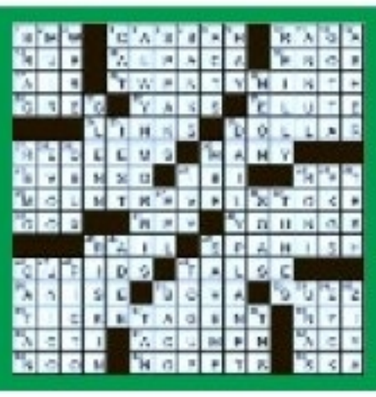

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6	7	1	3	4	8	5	2	9
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1	2	4	5	8	9	6	7	3
7	3	6	1	2	4	9	5	8
5	6	7	8	1	3	4	9	2
2	4	8	6	9	5	1	3	7
9	1	3	4	7	2	8	6	5

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